

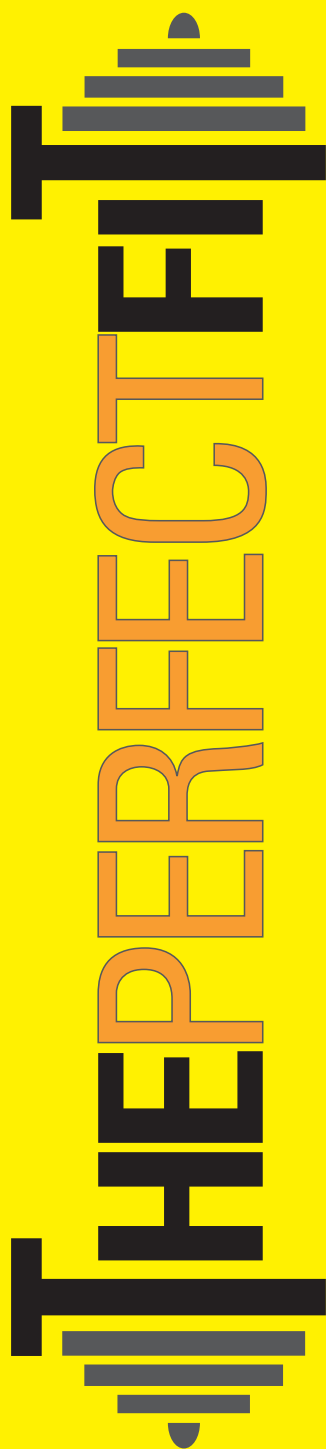
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7:15-8:15 am Pilates	12:15-1 pm Aquacise	6:30-6:50 pm Fab Abs	8:30-9:30 pm Master Swim Workout	9-9:55 am Total Body Groove	12:15-1:10 pm Pilates Flow	7:30-8:30 pm Beginner Swim Group
8:30-9:15 am Aquacise	12:30-1:45 pm Fluid Flexibility & Meditation	6:30-7:30 pm Feldenkrais	WED, MAY 16	10-10:55 am Weight Works (Bone!)	12:30-1:25 pm Fluid Flexibility	7:30-8:30 pm Intro to Yoga
9:05-9:55 am Cardio Cross-Training	5-8 pm Shoulder Stabilization by Back to Sports Physical Therapy, PC	6:45-8 pm Relentless!		10-11:15 am Yoga Pump	6-6:55 pm Trim, Tone—Build Bone! (Int.)	8-8:15 PM Kangoo Kraze Demo
9:10-9:55 am Intro to E-Z Ex	5-8 pm Gait Anaylsis by Jack Rabbit	7-7:20 pm Fab Abs		10:30am-12:30 pm Balance Training by Back to Sports Physical Therapy, PC	6-10 pm Recreational Basketball	8-8:30 pm Tabata Training
9:15-10:30 am Powerocity	6-10 pm Recreational Basketball	7-7:30 pm Tabata Training		11-11:55 am Power Strength	6:15-7 pm Spinning* (Adv)	8:30-9:30 pm Masters Swim Workout
10-11:25 am Yoga	6-7:30 pm Yoga	7:15-8 pm Spinning (Adv.)*		11:30-11:50 am Fab Abs	6:30-7:25 pm Intro to Pilates	8:30-10:30 PM Competitive Volleyball
10:25-11:20 am Stretch & Tone	6:10-6:55 pm Move & Grove	7:20-8:20 pm Intro to Yoga	8:30-9:15 am Interval Aqua	11:35 am-12:25 pm Women's Heart Plus	6:40-7 pm Absolute Abs	8:35-9:35 PM Pilates Mat/Ballet Barre
11:35 am-12:25 pm Body Blast		7:30-8:15 pm Splash Dance	9-9:55 am Trim, Tone—Build Bone! (Beg.)	11:45 am-1:15 pm Recreational Basketball	7:05-7:55 pm Latin Low Impact/ Body Sculpt	
		7:30-9 pm Yoga			7:05-8:30 pm Core Yoga	
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## MESSING ON MESSING AROUND {page 14}

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# Inside track to saving on city's bike share

► Planning an afternoon out? Four hours on a bike share ride will cost you nearly \$100 ► We've got a way you can save your money and still hop on two wheels {page 02}



► New York City will launch its first-ever bike share program in July, with more than 10,000 bikes set up at 600 stations citywide.

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## Metropolitik

## Europe rejects austerity, but GOP unswayed

► Republicans move forward with attempts to cut social safety net ► But it's a game, as Obama won't sign {page 10}

## How to really write about sex

New John Irving novel makes '50 Shades of Grey' seem like a children's book {pages 16-17}



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## 1

### In the news

#### Supermodel, billionaire settle over kid

Supermodel Linda Evangelista and French billionaire Francois-Henri Pinault reached a child-support settlement yesterday following days of tense testimony last week in Manhattan. Lawyers for both parties declined to disclose the settlement, but a lawyer for Evangelista called media reports that she sought \$46,000 a month as a misunderstanding. **REUTERS**

### In the news



#### 4 train slashing

The NYPD is looking for the man above wanted for slashing a man at a subway station in the Bronx. Just before 3 p.m. on May 4, the man approached another man waiting on the platform at the East Burnside 4 train station. He took his headphones and when the man went to grab them back, he used a sharp object to slash his face and neck. **METRO/CB**

# Need a bike? Rent one

EDWARD REED

► Use two wheels to get to work, or for running errands ► But just make sure it's a quick trip — the prices skyrocket for longer rides

The city is launching its highly anticipated, first-ever bike sharing system this July — but you'd better start saving your money now to get the most bike for your buck.

Mayor Michael Bloomberg announced yesterday that Citigroup will pony up \$41 million to sponsor the bike share. According to plans detailed yesterday, it costs \$9.95 to rent a bike for a 24-hour pass, which includes 30 free minutes. The next 30 minutes is \$4 and the next half hour costs \$9 more. After that, each additional half hour costs an extra \$12.

If you want to keep the bike for a slightly-less-than four-hour afternoon ride, say, a trip out to Coney Island and back, get ready to pay \$83 for the rental. And if you keep the bike for just under 24 hours, that will run you a whopping \$145. (Plus the \$9.95 day pass, of course.)

At those rates, it could be cheaper to just buy a second-hand bike off Craigslist or even just to sign up for Zipcar.

But there is a way for New Yorkers to take advantage of the new program without spending the same as they would on a monthly MetroCard: After you pay the 24-hour fee, you can keep your wallet in your pocket for the rest of the day if all your rides are under 30 minutes.

So start off by the Brooklyn waterfront, for example, and make your way to the High

## 600

Starting in July, 600 docking stations with 10,000 bikes will be set up on sidewalks, curbside road spaces and plazas in Manhattan and Brooklyn.

## 60

Each station will hold up to 60 bikes

Line. If you can make that trip within 30 minutes, you can return your bike, grab another, and pedal that up to Columbus Circle. Return the bike at a docking station there and cycle through Central Park for another 30 minutes before returning it.

Then again, don't expect to just get a new bike every 29 minutes: The bike share will require an interval between rides, although whether that is 2 minutes or closer to 30 has yet to be determined, a Department of Transportation official told Metro.

Bike share officials said they designed the program after data showed 54 percent of New Yorkers' daily trips are fewer than two miles.

So Citigroup hopes that riders will climb on, cycle and return the bikes swiftly, and under half an hour, so other riders can use them.



**ALISON BOWEN**  
alison.bowen@metro.us



► Mayor Michael Bloomberg, center, Department of Transportation Commissioner Janette Sadik-Khan, second from left, and Citi CEO Vikram Pandit, far right, showed the new bikes yesterday.

### Cheaper elsewhere

Here's how the NYC system compares to Boston and London, both of which already have bike share programs in place. We also compare prices with Zipcar.

- New York's pricing is about double what the bike share in Boston costs. There, a 24-hour pass is \$5, including the first 30 minutes for free. The second 30 minutes is \$2.

After that, the hourly fees are \$6.

- In London, a 24-hour bike pass costs one pound. The first 30 minutes are free, followed by a pound for the second thirty minutes, and four pounds for an hour and a half.
- If you're running an errand that requires a car, the Zipcar "occasional driving plan" has an annual fee and application fee that's \$85. Hourly rates with Zipcar start at \$9 during the week.

### How do they protect the bikes?

**NEW YORK.** Bikes are secured in docks that require an unlocking code. When someone rents a bike, a \$101 hold is placed on their credit card. The penalty for a lost bike is \$1,000. If the dock is full, riders can get an extra 15 minutes free and are directed to nearby docks with slots.

## City cop and corrections officer arrested Sunday

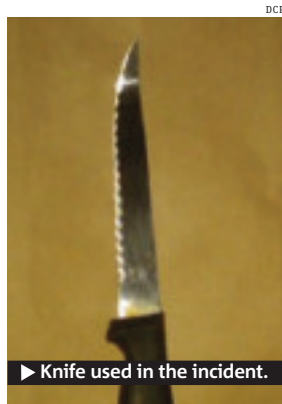
**NEW YORK.** A police officer and a corrections officer were arrested in two separate incidents Sunday. Police Officer Richard Gonzalez, 41, was arrested at about 12:30 a.m. in Brooklyn Heights. He allegedly drove his car into a street pole and then refused to take a breathalyzer test.

A little later that night, corrections officer David

### Hit with DUI

Gonzalez was charged with driving while intoxicated.

Grant was charged with disorderly conduct after he was part of a rowdy group police asked to disperse from a corner in Harlem. **METRO/CB**



► Knife used in the incident.

## Cops shoot man who held mom at knifepoint

**NEW YORK.** Cops shot a man who held his mother at knifepoint yesterday.

Police said that at around 2 p.m., they responded to a 911 call reporting a man with a knife on East 65th Street. They found a man, 22, holding a woman, 49, at knifepoint, and ordered him to drop the weapon. A cop used his Taser on the suspect,

### 3 Police shot the man three times during the brief standoff.

with no effect, police said.

The man then turned toward cops, who fired, hitting him three times. The woman was also struck by a bullet, but both mother and son survived. **METRO/AB**



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# Former cop gets 75 years after sex assault

POOL/PAUL LOMAX



► Michael Pena was kicked out of the NYPD after a jury convicted him of attacking a schoolteacher on her way to work.

Saying he had nothing but “scorn” for a former police officer who sexually assaulted a 24-year-old teacher on her way to work last year, a judge sentenced the ex-cop to 75 years to life in prison yesterday morning.

Michael Pena, 28, was sentenced to the maximum penalty for his convictions of three counts of sexual assault. Pena, who was off duty and not in uniform at the time of the attack, was convicted of the Aug. 19 sexual assault.

Prosecutors said Pena, who was assigned to a Washington Heights precinct at the time, approached the teacher at around 6 a.m. in Inwood, and asked her for directions to the 1 train. Then, he pulled out his gun and forced her through an alley behind a building, where she testified

## 103

Pena would be 103 years old before he would be able to see a parole board.

that he raped her.

“That day was supposed to be a new beginning,” the woman said in court yesterday, referring to the fact that she was on her way to the first day of a new job on Aug. 19, 2011. “He used his weapon, and basically destroyed my life with the choices he made that day.”

A jury convicted Pena of sexual assault, but did not convict him of rape, after the defense argued that there was not enough evidence to prove penetration had occurred.

Because the jury was dead-

locked and a verdict was never reached on the rape charges, prosecutors are expected to announce later this month whether they will retry Pena for rape.

His defense lawyer, Ephraim Savitt, told reporters yesterday’s sentence was “draconian.”

Pena apologized yesterday in court.

“I’d like to go back in time to the day of this incident and somehow grab myself by the shoulder,” he said, according to the New York Post.

Pena’s sentence isn’t the biggest sentence handed out for a sex crime — in December, serial rapist Vincent Heyward was sentenced to 428 years to life in prison.



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## Judge has little sympathy

Manhattan state Supreme Court Judge Richard Carruthers showed little sympathy for the former police officer yesterday, saying, “For you, Michael Pena, there is scorn.”

“She was a young woman at the time of the incident, looking forward to teaching underprivileged little children their ABCs, unaware of the evil incident that was about to

undertake her,” Carruthers said, according to the New York Daily News. “Michael Pena is a sexual predator. He repeatedly threatened to shoot her in the face. Michael Pena acted purposefully and intentionally throughout this dreadful incident.”

“(The) life sentence underscores the brutal nature of the defendant’s attack on an innocent young woman,” added Manhattan District Attorney Cyrus Vance yesterday after the sentencing. ● **METRO/AB**

## Third cop in two years

Pena is the third NYPD officer to be accused of rape in the past two years, and none of the officers charged have been found guilty. Former officers Kenneth Moreno and Frank Mata were accused of raping a woman after a 911 call. They were acquitted of the rape charge, but convicted of official misconduct and kicked off the force. ● **METRO/AB**



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o6

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TUESDAY, MAY 8, 2012

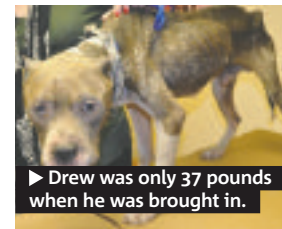
# B'klyn man arrested and charged with starving his pit bull

A Brooklyn man was arrested yesterday and charged with intentionally neglecting and starving his dog, a 3-year-old pit bull named Drew.

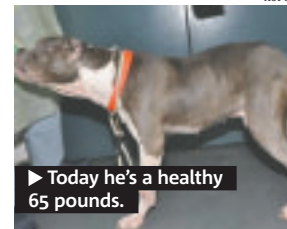
Humane Law Enforcement agents with the ASPCA, who have the legal power to make arrests, charged Leedell Walker, 57, with the alleged animal abuse.

According to the ASPCA, it was Walker who first brought Drew into the ASPCA's Bergh Memorial Animal Hospital on the Upper East Side on Dec. 27 of last year. Walker claimed that the severely emaciated dog had not been eating, and he relinquished him to the ASPCA.

But Drew was far from just hungry: After an examination, ASPCA veterinarians



► Drew was only 37 pounds when he was brought in.



► Today he's a healthy 65 pounds.

determine that the pooch was near death, and was anemic and in a critical state of shock.

Upon intake, Drew weighed just 37.2 pounds. The vets nursed him back to health, and after five months of intensive care, the dog now weighs 65.6 pounds — a 76 percent increase in body weight.

Drew is still recovering at

the hospital and will eventually be made available for adoption.

Walker was charged with one count of misdemeanor animal cruelty. If convicted, he faces up to one year in jail and/or a \$1,000 fine. He is due in Kings County Criminal Court on June 11.



**CARLY BALDWIN**  
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# Designers point fingers over subway map errors

► Ever notice the subway map is wrong? ► Broadway west of Amsterdam Avenue when it should be east ► MTA says they may fix it, they may not

Have you ever taken a good, long look at a New York City subway guide? If you are well-versed in the city's grid system, you may have noticed a few things out of place.

But if you're like most New Yorkers, and only reference the map to see which lines go to which stations and where you can transfer, then some rather blundering inaccuracies may have slipped by you.

But a Sunday New York Times article points out the mistakes that are quite glaring once they're brought to light.

"On the West Side of Manhattan, beginning near Lincoln Center and extending toward the campus of Columbia University, Broadway is seemingly misplaced," the Times

**"I'm more than embarrassed."**

**JOHN TAURANAC, CHARGED WITH REDESIGNING MTA SUBWAY MAP**

found. "It is west of Amsterdam Avenue at West 66th Street when it should be east. It drifts toward West End Avenue near 72nd Street, where it should intersect with Amsterdam. It overtakes West End Avenue north of the avenue's actual endpoint near West 107th Street, creating several blocks of fictitious Upper West Side real estate."

The errors were discovered by John Tauranac, the man in charge of the committee who redesigned the subway map in 1979.

But the discovery of the errors has led to more than just embarrassment. It's also fired up a debate over who exactly designed the map and who deserves credit, for both the accurate and inaccurate elements.

Michael Hertz belongs to the firm that is credited with the map's initial template. After the inaccuracies came to light, Hertz accused Tauranac of trying to take credit for the whole map when he apologized for the errors.

"He's overseeing the project," Hertz said about Tauranac. "I was not an expert on the geography of the city."



**CASSANDRA GARRISON**  
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**MTA will 'consider' revising map**

The MTA said revisions to correct the mistakes would be considered for future map designs. But MTA spokesman Adam Lisberg said the map isn't really intended to be an accurate depiction of city streets anyway, and no straphangers have ever once complained about the errors. "This is not a street map," Lisberg said. "This is a subway map."



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# Markets take Euro upheaval in their stride

World markets took political upheaval in Europe in stride yesterday, a day after voters in Greece and France delivered strong mandates against austerity measures, with the euro recovering from sharp losses and local equity markets up.

The results of the weekend elections in the two European countries heightened the uncertainty of the path ahead for the euro zone debt crisis. But most European stock markets rose, with the noted exception of Greece, and U.S. stocks were also mostly higher, while the euro weakened only slightly.

Britain, not part of the euro zone but Europe's biggest financial market, was closed for a public holiday.

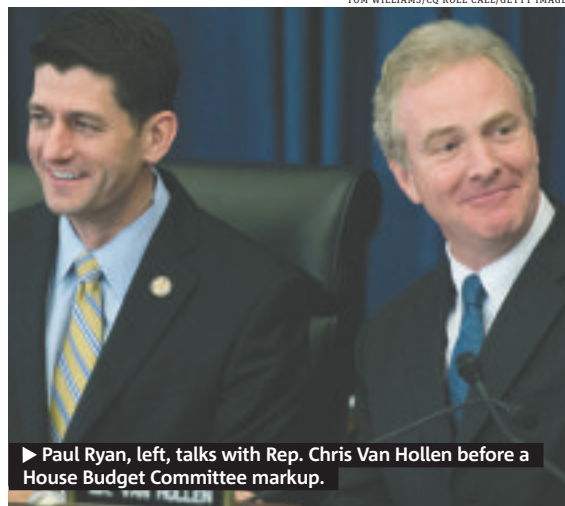
A world equity gauge, however, fell to a three-month low

in part because of a sell-off in Asia overnight as markets caught up with sharp declines in Europe and New York last Friday. Crude oil prices fell as the uncertainty in Europe unnerved investors concerned about global growth.

The euro pared most of its steep losses against the U.S. dollar but was still trading near a three-week low at \$1.3053. A close at that level would be the lowest since mid March.

Brent crude futures touched lows near \$110, the lowest since January, but settled down just 2 cents at \$113.28. U.S. crude futures hit a session low of \$95.34 per barrel, the lowest so far this year, and were last trading down 0.5 percent at \$98 per barrel, a three-month low.

**REUTERS**



► Paul Ryan, left, talks with Rep. Chris Van Hollen before a House Budget Committee markup.

## Budget knife

## sharpened

Republicans in the House of Representatives yesterday fired their first shots of the next deficit-reduction battle, advancing legislation to cut nearly \$380 billion largely from social programs.

- The cuts to food stamps, child tax credits and Medicaid health care for the poor, among others, are certain to stall in the Democratic-controlled Senate.
- But they stake out Republicans' negotiating stance on replacing \$1.2 trillion in automatic, across-the-board spending cuts that are due to take effect in January. **REUTERS**

## News in brief



## Zuckerberg at NYC Facebook IPO event

**NEW YORK.** Facebook Inc. CEO Mark Zuckerberg fielded questions about the No. 1 social network's slowing revenue growth and its \$1 billion purchase of Instagram as he kicked off a cross-country roadshow to promote the company's \$10 billion initial public offering.

Wearing his trademark "hoodie" sweatshirt, jeans and sneakers, the 27-year-old chief executive said he would do the Instagram deal again if he had to, according to people who

attended the event.

The world's largest social network aims to raise about \$10.6 billion. **REUTERS**

## Angry Birds set for IPO as profits jump

**HELSINKI.** Angry Birds maker Rovio Entertainment said sales jumped tenfold to \$100 million last year as gamers flocked to download its titles, adding business was now strong enough for a stock market listing.

The Finnish startup making Angry Birds games — in



which players use a slingshot to attack pigs who steal the birds' eggs — has been valued by analysts at up to \$9 billion, just short of that of struggling world No.2 phonemaker Nokia.

Rovio said yesterday its finances were good enough for a listing after revealing a highly profitable 2011 in its first public disclosure of business results. **REUTERS**

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**NOW THROUGH JUNE 10!**

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In association with  
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WITH **CONOR LOVETT**

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Kenneth Lonergan. Photo by Gregory Costanzo.

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WRITTEN AND DIRECTED BY

**KENNETH LONERGAN**

WITH **ANTHONY ARKIN** **HEATHER BURNS**  
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## Race for Space

## JUSTIN DOWD

WINNER OF METRO'S  
RACE FOR SPACE CONTEST

## SPACE: WE'VE JUST BEGUN

Justin Dowd, a student at Boston's Northeastern University, saw off competition from hundreds of thousands of other Metro readers around the world to win a trip into space in 2014. In the coming weeks Justin will be writing a new popular science column for Metro — and here he recalls a week to remember.

Last September, while riding the train my heart jumped as I stumbled across the Metro Race for Space article. For a better chance of winning I started a project. I drew an animated video using color chalkboards to explain Einstein's discoveries, called chalkimation.

Seven months and three-thousand pictures later, my brother and I climbed narrow stairs to the roof of our apartment, a Metro photographer in tow. We waited for a call from the global editor to announce the winner. Each second flooded my brain with a fresh splash of adrenaline. The phone rang.

## Quoted

**"This contest is not the end of opportunities for space flight but the beginning, and progress will take work and collaboration from bold companies like SXC and Metro International."**

DOWD

An upbeat voice in my ear said she had good news, I had won a trip to space. My mind went blank, except for the words "YOU WON" flashing in my head like a bright neon sign. I could not think of the past or future, just the intensity of the moment; I felt alive.

People I knew took the news well. One friend screamed before laughing hysterically. My mother instantly began crying. One friend called her retired father, he answered, "Someone better be dead, this is my nap time" after hearing the news he responded, "That little s—."

A week after nonstop interviews, I cannot picture space better now than before. However, two main ideas are more real to me. First is the honor of truthfully sharing this experience. Second is the dawn of a private space age.

In their youth my grandparents spent weeks traveling to America. If someone said back then soon they could fly home above the clouds in six hours, few would have believed it. A new private space age is here. The world will become connected in faster and unprecedented ways few among us can believe. The closure of this contest is not the end of opportunities for space flight but the beginning, and progress will take work and collaboration from bold companies like SXC and Metro International.

I feel honored and responsible to share what I experience on this journey truthfully. I do not know what I will learn, but there is only one way to find out.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

## Dinosaur farts 'caused global warming'

In a major new climate finding, researchers have calculated that dinosaur flatulence could have put enough methane into the atmosphere to warm the planet during the hot, wet

Mesozoic era.

Like gigantic, long-necked, prehistoric cows, sauropod dinosaurs roamed widely around the Earth 150 million years ago, scientists reported in the journal *Current Biology* yesterday.

And just like big cows, their plant digestion was aided by methane-producing microbes.

"A simple mathematical

## Methane

Methane is a potent greenhouse gas, with as much as 25 times the climate-warming potential as carbon dioxide.

model suggests that the microbes living in sauropod dinosaurs may have produced

enough methane to have an important effect on the Mesozoic climate," researcher Dave Wilkinson of Liverpool John Moores University said in a statement.

"Indeed, our calculations suggest that these dinosaurs could have produced more methane than all modern sources — both natural and man-made — put together," Wilkinson said. **REUTERS**

# Good things come to those who don't wait.

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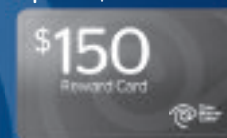
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# Sotheby's art handlers to confront the board

Sotheby's annual shareholder meeting this morning in New York may stir a scream or two.

Locked-out art handlers who own shares in the publicly traded auctioneer will confront directors about labor practices, according to the union representing the workers.

"Management's decision to lock out the workers during negotiations was an effort to starve them into submission," said Carin Zelenko, director of capital strategies for the Inter-

national Brotherhood of Teamsters. The handlers have been out for nine months.

Sotheby's has said in filings that the lockout of 43 workers followed union statements to the media threatening a strike.

Art handlers may also speak out against the company's policy of automatic executive payouts should the company ever be acquired. The Teamsters filed a shareholder proposal against Sotheby's "change-in-control" payouts.

The Teamsters' proposal called the auctioneer's policy of immediately vesting some stock-payment plans a "golden parachute" that disregards executive performance. Had there been a change of control at the end of 2010, Chief Executive Officer William Ruprecht — whose compensation last year was valued at \$7 million — would have been eligible for \$18 million in severance and benefits, the Teamsters said.

**BLOOMBERG**



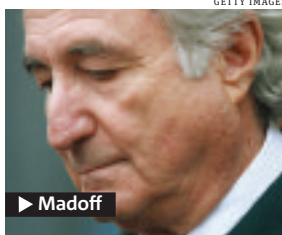
► Sotheby's auctioned off "The Scream" for a record \$120 million last week.

## Madoff trustee wants \$255M from family

**NEW YORK.** Members of Bernard Madoff's family were hit with an expanded \$255.3 million lawsuit, saying they should have caught the patriarch's

Ponzi scheme and must return the benefits to victims.

Irving Picard, the trustee seeking money for victims, said family members who worked at Bernard L. Madoff Investment Securities LLC were "completely derelict" in ensuring that the investment firm's operations were legal. **REUTERS**



GETTY IMAGES

## Army: Soldier who died on Skype not shot

**VIRGINIA.** An Army captain who collapsed and died in Afghanistan while communicating with his wife over Skype was not shot and his

body showed no immediate evidence of trauma beyond minor abrasions, an Army spokesman said yesterday.

The Virginia-based U.S. Army Criminal Investigation Command said its investigation into Capt. Bruce Clark's May 1 death is continuing.

"Although we have not

completely ruled it out to ensure a complete and thorough investigation is conducted, we do not suspect foul play in the death of Capt. Clark at this point in our ongoing investigation," said CID spokesperson Chris Grey.

**REUTERS**

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5 Carats .....	Up To .....	\$43,000
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Full Flatware Set .....	Up To ...	\$8,500
Punch Bowls & Sets .....	Up To ...	\$5,000
Single Flatware Items.....	Up To .....	\$750
Tea Sets .....	Up To ...	\$5,000
Trophies .....	Up To ...	\$1,500

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1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds  
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1798 15 Stars obverse.....	Up To ...\$25,000
Gobrecht reeded edge dye alignment.....	Up To ...\$5,500
1873CC Liberty Sealed.....	Up To ...\$5,500
1878CC.....	Up To ...\$15,500
1889CC.....	Up To ...\$13,000
1928.....	Up To ...\$5,500

## FINE JEWELRY

All Kinds, Time Periods & Types

We will pay UP TO the following for rare & collectible jewelry:

Silver Jewelry.....	\$750	Art Deco.....	\$13,000
Brooches .....	\$15,500	Cuff Links.....	\$1,000
Pendants.....	\$8,000	Pins.....	\$5,500
Necklaces.....	\$26,000	Rings.....	\$16,000
Cocktails Rings.....	\$15,500	Art Nouveau.....	\$12,500
Charm Bracelets.....	\$5,500	Lavallieres.....	\$8,000
Earrings.....	\$10,500	Garnets Jewelry.....	\$1,000
Bracelets.....	\$13,000	Bakelite Rings.....	\$750
Cameos.....	\$750	Floral Design.....	\$10,500
Victorian.....	\$10,500		

**We need your jewelry items!**

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We pay more for rare items.  
Many more items not listed accepted!

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Wanted Rare Gold Coins!

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*\$1.00 1849 to 1889	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
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*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1933
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

<i>*Check your items to see if you own any of these valuable coins:</i>	
\$1.00 1849C.....	Up To ...\$10,500
\$2.50 1796 Capped Bust large left side.....	Up To ...\$18,000
\$2.50 1841 Quarter Eagle Liberty Head.....	Up To ...\$5,000
\$3.00 1854D.....	Up To ...\$10,500
\$5.00 1838D.....	Up To ...\$10,500
\$5.00 1842C Small Date, 1861D, 1864S.....	Up To ...\$6,500
\$5.00 1909O, 1929.....	Up To ...\$6,500
\$10.00 1859O, 1863S, 1875.....	Up To ...\$8,000
\$20.00 1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891.....	Up To ...\$10,500

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Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!  
— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would

definitely recommend this to my friends!  
— J. Grace

It was really fast!  
— A. Davis

I heard about this store from the radio and as soon as I got

the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!  
— J. Simek

My service was exceptional!  
— C. Sweeney



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Charm Bracelets.....	Up To.....	\$5,500
Wedding Bands.....	Up To.....	\$250
Mountings.....	Up To.....	\$750
Antique Items.....	Up To.....	\$5,500
Single Flatware Items.....	Up To.....	\$750
Dental Gold Items.....	Up To.....	\$500
Coins & Bullion.....	Bring for quote	
Scrap Gold.....	Bring for quote	

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Breitling .....	\$15,000	Illinois .....	\$1,500	Chronograph Watches .....	\$16,500
Cartier .....	\$12,500	Jules Jurgenson .....	\$16,000	Ladies Watches .....	\$11,000
Corum .....	\$3,000	LeCourte .....	\$6,000		
Ditishiem .....	\$14,000	Longines .....	\$13,000		
Dudley .....	\$11,500	Movado .....	\$2,500		
E. Howard & Co. ....	\$12,000	Omega .....	\$2,500		
Elgin .....	\$750	Rolux .....	\$16,000		
Frodsham.....	\$12,000	Seth Thomas .....	\$1,500		
Gallet.....	\$1,250	Tiffany & Co. ....	\$15,000		

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### A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if

an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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# THE WORD



Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](https://twitter.com/monicaatmetro) [monica.weymouth@metro.us](mailto:monica.weymouth@metro.us)

## Heckle Brand at your own risk



### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Albert Brooks is on top of current events, Steve Martin is nervous about the results, Seth MacFarlane is willing to compromise, and Jimmy Kimmel needs to be near a power source.

**@AlbertBrooks**  
Breaking News: Romney will choose The Avengers as his running mate.

**@SteveMartinToGo**  
I shot an arrow into the air, where it landed, I know not...gulp.

**@SethMacFarlane**  
Okay Hindus, trim it down to about 5 gods and I swear I'll learn their names.

**@jimmykimmel**  
Is anyone else obsessed with charging handheld devices or is it just me?



MacFarlane

**Russell Brand** was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always on the breakfast menu. But when one audience member wouldn't stop shouting "**Katy Perry**," the comedian left the stage to defend his ex-wife's honor — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy. "Let's see how your mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered: "You look like something that's fallen off the side of a church. And what is it that you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

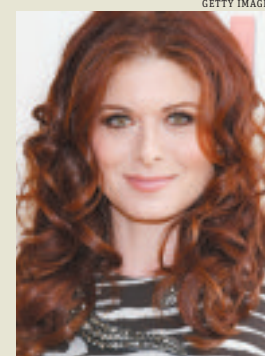
Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.



► Some fans gave Russell Brand presents, while others gave him a hard time at the Borgata casino Saturday night.

### Debra Messing: Till death is a long time

**Debra Messing's** marriage to **Daniel Zelman** lasted 20 years, and she thinks that should get at least partial credit in 2012. "I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," the actress tells Ladies Home Journal. "But now we're living to 100. A hundred years ago people were dying at age 37. Till death do us part was a much



GETTY IMAGES

different deal."

We see your typhoid fever, 1912 newlyweds, and we raise you one drunk night on Facebook.

### Jack Osbourne on fatherhood

New dad **Jack Osbourne** had some sweet words on fatherhood for Hello! magazine. "The moment I saw her I felt more love than I'd ever felt for anything. It was the weirdest, most overwhelming thing," said Osbourne of 2-week-old **Pearl**, his daughter with fiancée **Lisa Stelly**.

Cute stuff. But we can't help but focus on grandma **Sharon Osbourne**, who managed to land herself in the



center of the cover and get to hold the baby. Good luck with that one, Lisa.

### Talking points

#### Bynes to be charged in DUI incident

While no further trouble seems to be coming **Amanda Bynes'** way from her recent hit-and-run incident, the same can't be said of her arrest for driving under the influence last month. In fact, formal charges are reportedly pending for the former Nickelodeon star, according to Radar Online. "Amanda Bynes refused to take a breathalyzer test — or blood test — which is

required under California law when someone is arrested for a DUI," a source says. "Bynes will be officially charged with refusal to take a chemical test in connection with being arrested on suspicion of DUI." The charge is expected to come in the next two weeks.

#### 'Twilight' taking its toll on Stewart

A round of reshoots on the final "Twilight" movie has proved painful for **Kristen Stewart**, who admits she suffered a "puncture wound" to her foot while refilming a vampire hunting scene in Vancouver, Canada, last week,



STEPHEN LOVEKIN/GETTY IMAGES

Paquin

she admitted to Jay Leno. "I wasn't trying to have ultimate swag when I walked out — I hurt my foot," she told the talk show host after limping during her entrance. "I wasn't trying to get out of wearing heels either."

#### Anna Paquin talks working it

**Anna Paquin** knows what works for her body when it comes to high-profile events. "I've spent a lot of time figuring out what looks good for my body for fittings, and I've taken notes," she "True Blood" star tells Fashion magazine. "I'm 5-foot-4 and change. I know I will never be

like **Gisele Bundchen**, and I also know I will never be a hipless, assless supermodel."

#### Thieves targeting Houston's grave

**Whitney Houston's** family has reportedly brought back security guards to patrol the grounds of the New Jersey cemetery where the late singer is buried to ward off thieves tempted by the approximately \$500,000 worth of jewels with which she was buried, according to the Daily Star. Houston is said to be interred in a gold-lined coffin that itself is worth around \$20,000.





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**7**

## Hats on at the Kentucky Derby

**1:** Big hat, bigger bottle of champagne: **Mary J. Blige** did it up right Saturday in Louisville, Kentucky.

**2:** **Cyndi Lauper**, please see our girl **Mary J.** about how to make this look good.

**3:** **Miranda Lambert**, we're not sure if we're buying this tiny excuse for a Kentucky Derby hat.

**4:** Actors **Sharni Vinson** and **Kellan Lutz** were looking especially dapper.

**5:** **CoCo** wore enough of a hat for herself and **Ice-T** on Saturday.





**6:** **Kate Flannery** of "The Office" kept it retro classy in polka dots and pearls.

**7:** Grey Goose girl **Debra Messing's** derby hat was inspired by the brand's Cherry Noir Vodka. We're afraid to ask what her friends were drinking.

1,2: JOEY FOLEY/WIREIMAGE  
3,4,5,6: MICHAEL LOCCISANO/GETTY IMAGES  
7: THEO WARGO/WIREIMAGE

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# 'PERSON' OF INTEREST

► With his 13th novel, John Irving has written what could be his most political work yet ► He just hopes for a day when this country will not view such sexually frank discourse as controversial



**The saga...from infestation to buglessness...**

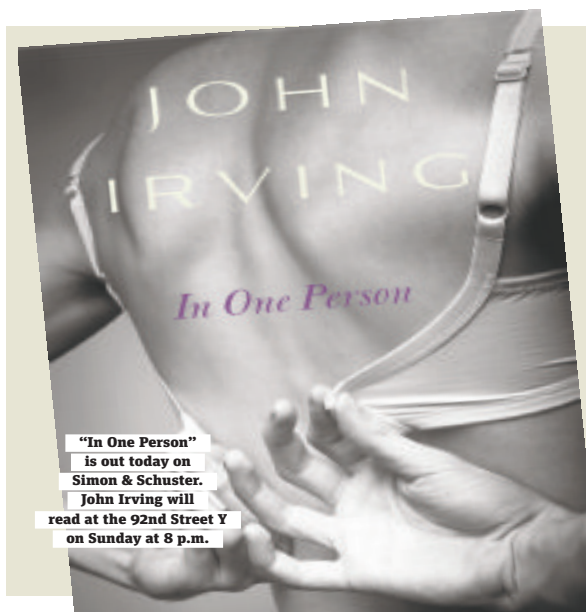
**How one bedbug survivor got rid of THEM!**

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With "In One Person," John Irving may have written his most political book yet.

"The main character — the narrative point of view — is bisexual; the heroes — as I call them — are two transgendered women. Well, by definition, that's a political novel," says the author, leaning back in a chair in his home office. "In France, is that a political novel? In Germany? No! To me, it's kind of tragic that it's a political subject. ... It makes us a joke among countries who are a little more grown up sexually than we are."

Irving speaks like he writes. Long, ornate sentences may take several parenthetical tangents, but they always reach lo-



"In One Person" is out today on Simon & Schuster. John Irving will read at the 92nd Street Y on Sunday at 8 p.m.

**"It's kind of tragic that it's a political subject. ... It makes us a joke among countries who are a little more grown up sexually than we are."**

IRVING ON SEXUALITY IN AMERICA

gical conclusions, and often uncover profound human truths.

Throughout the course of a two-hour interview, the author easily steps inside the psyches of characters he has invented in more than 40 years of publishing novels. Critics have suggested that too many of these characters are linked by constants like New England upbringings, parents who have abandoned them, enthusiasm for writing and/or wrestling, and sexuality in full bloom.

"Obviously, I must like these people whose lives would be de-

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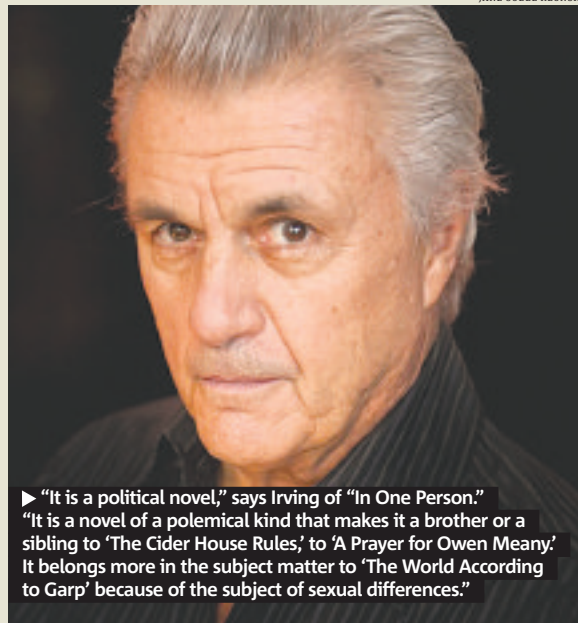


## Talking 'In One Person' in-person

In Irving's Vermont home, even the fan above his oven is covered with photographs. Images of smiling family members are taped to support beams, framed formal pictures stand tented on most counter surfaces and the lifetime of snapshots that line the bulletin boards in the best-selling author's office feel like the sort of milestones that flash before one's eyes in a near-death experience.

This is all very fitting for a writer who renders such detailed arcs of his characters' entire lives, with equal parts humor and gravitas, through childhood innocence to adult understanding and finally to elderly repose.

"I don't think that I'll ever lose my interest in the passage



JANE SOBEL KLONSKY

► "It is a political novel," says Irving of "In One Person." "It is a novel of a polemical kind that makes it a brother or a sibling to 'The Cider House Rules,' to 'A Prayer for Owen Meany.' It belongs more in the subject matter to 'The World According to Garp' because of the subject of sexual differences."

of time," says Irving. "The challenge is that the passage of time is what makes most of my books long."

Irving credits his ability to write from such varied age perspectives to his three sons.

"There has been one or more of my children living in my house, under my roof, for an unusually long time," says the 70-year-old author, whose first son was born when he was 22, and whose youngest son only left for college two years ago.

"Any parent would tell you this, but if you're around young people a lot ... it keeps your memory connected to who you were and what things were like when you were that age. ... I feel that it's been a crucial part of my storytelling process to find that point-of-view character whose eyes are open, their receptive senses are alive, and they are about to learn something."

scribed by their society — to be kind — as odd or eccentric," he says.

Of Billy, the bisexual narrator of "In One Person," Irving is particularly sympathetic.

"In my generation," he says,

"from the point of view of straight women, the bi guy was not to be trusted. Because who was he going to leave you for: Another woman or a guy? He was doubly untrustworthy. And among gay men of my genera-

tion, many of them didn't believe that there was such a thing as a bi guy; that it was just a gay guy with one foot in the closet, who was kind of hedging his bets. And everyone's saying, 'Well, give him

time, we'll see how bi he is.' What do you say when 70 years later, that's who the guy is? You have to change your mind."



PAT HEALY  
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## TV watch list



► From left: Finalists Chris Mann, Juliet Simms, Jermaine Paul and Tony Lucca find out who wins "The Voice" tonight.

### 'The Voice'

**REALITY.** From spinning chairs to churning out a No. 1 hit — that's the journey one contestant hopes to complete when America crowns either Chris Mann, Tony Lucca, Jermaine Paul or Juliet Simms winner tonight.

Season finale, 9 p.m., NBC

### 'Cougar Town'

**COMEDY.** Travis wants to make a play for Laurie during the hurricane party his mom throws when a storm blows into town. But we have a feeling Hurricane Jules is going to cause even more damage if her son and

friend hook up. 8:31 p.m., ABC

### 'New Girl'

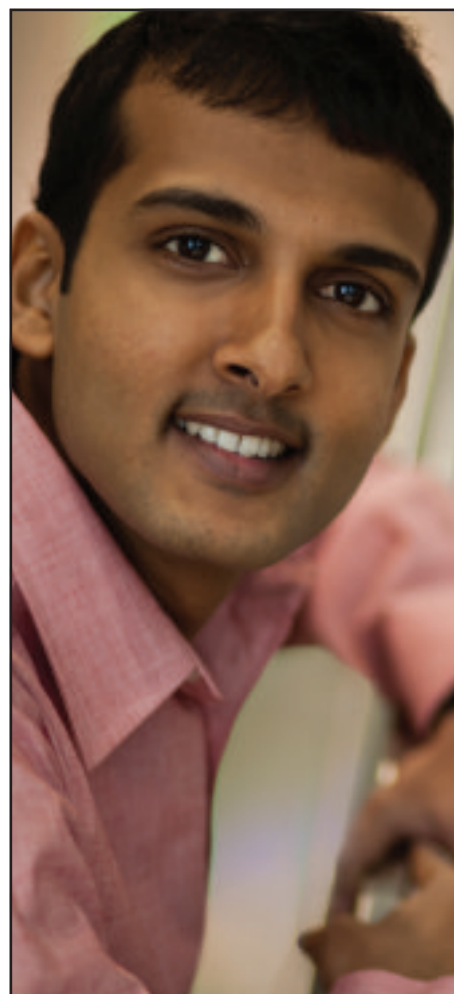
**COMEDY.** The roommates make an unexpected trip to the desert, where Jess and Nick face off with a coyote — and the idea that Jess might be losing her No. 1 flirtation as Nick prepares to leave the loft.

Season finale, 9 p.m., Fox

### 'Glee'

**COMEDY.** It's prom! The night when high-schoolers' decisions are even worse than their choice in formal wear!

8 p.m., Fox ● AMBER RAY



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The Bode Museum on Museum Island

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**It is the creative climate,** the artistic drive, the restless,

unceasing desire to shape something new that best characterizes the new Berlin. These changes are most evident in the city's architecture. The ministerial buildings, the Federal Chancellery and the nearby, world-famous Brandenburg Gate, reflect the successful synthesis of the old with the new, producing prestigious yet modest elegance. From there you see one of the most famous

sights in Berlin: the Reichstag with its impressive glass dome, where you can go up and enjoy spectacular views of the city.

**Berlin's fascinating Museum Island**, one of the world's most important museum complexes and a UNESCO World Heritage site right in the heart of the city, is a paradise for art and culture lovers, and home to priceless cultural treasures. The preserved collections take visitors on a fascinating journey through art and culture from the cradle of civilization up to the modern age.

**Take your palate on an adventure!** Berlin's culinary variety is particularly impressive and wide-rang-

ing and includes everything from currywurst to gourmet delights from around the world. Every visitor can find a favorite eatery in every price range. With a total of 13 Michelin-starred restaurants, Berlin has established itself as Germany's culinary capital. Top chefs such as Tim Raue have restaurants here and offer international haute cuisine at good value prices. In spring numerous beach bars with palm trees, sand, pools and beach chairs open up in the middle of the city. Across from the Museum Island the Strandbar Mitte serves cool drinks with the theme of "Italian Summer" and offers a fantastic view onto the Spree River. Directly at the East Side



Molecule Man by J. Borofsky



Checkpoint Charlie

Gallery the Oststrand attracts guests with remains of the Berlin Wall and the Brommy Bridge in a party atmosphere. There are also a lot of inviting beer gardens where visitors can enjoy themselves or relax after a shopping stroll and sightseeing. Meet locals at Prater Beer Garden in trendy Prenzlauer Berg. It is Berlin's oldest beer garden serving beer and seasonal specialties under the shade of chestnut trees since 1837.

**The Nightlife in Berlin is buzzing.** Regularly there are new venues opening up and new trends are set. Especially the districts of Friedrichshain, Mitte, Prenzlauer Berg and Kreuzberg offer new experiences every night. Go out and discover one of the hundreds and thousands of bars, clubs and restaurants or enjoy a great performance at one of Berlin's theaters and operas.

**Get your money's worth!** Whatever you are planning, in Berlin you get value for money. Room rates are usually below the European average. Therefore Berlin has remained a very affordable city for living, shopping, dining and sightseeing.

**How to get there?** airberlin, Germany's second largest airline, takes you nonstop to the German capital and its brand-new international Berlin Brandenburg Airport that is scheduled to open on June 3, 2012. Due to direct highway access and the train station under the main terminal, it takes under half an hour to Berlin's city center. This makes it even more convenient to travel to Berlin and a great gateway to discover Germany.

**Find more information** about Berlin and the travel destination Germany at [www.germany.travel/airberlin!](http://www.germany.travel/airberlin!)



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# Event Highlights

## FRIEDERISIKO April 28 – October 28

2012 marks Frederick the Great's 300th birthday. A major exhibition dedicated to him will take place at Potsdam's New Palace and Sanssouci Park.

## FETE DE LA MUSIQUE June 21

This free, one-day festival is a multicultural get-together celebrating the beginning of summer with an amazing variety of musicians, bands, choirs and DJs set to entertain.



Classic Open Air

## CLASSIC OPEN AIR July 5 – 9

The Gendarmenmarkt, one of the most beautiful squares in Europe, composes the grand scenery for the Classic Open Air. For five evenings classical and modern melodies will be performed live under the starry sky.

## FESTIVAL OF LIGHTS October 10 – 21

Every fall, Berlin is transformed into a sea of color and light. The stunning nightly light show comes with art and cultural events on the topic of light.



The Berlin Wall East Side Gallery is a 0.8 mile-long section of the wall near the center of Berlin

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## What we're into

### 'The French Dog'

The idea behind Rachael Hale's stunning new photography book is simple: Everything looks better in France. Shih Tzus scampering through marble-tiled courtyards are somehow fluffier and bulldogs waiting patiently under cafe tables look more hopeful. Cocker spaniels are at their peak of entitlement when in Parisian sitting rooms and German shepherds are even more noble when on the lookout in the Jardin des Tuileries. If you think you have



been truly sassed by a stateside Yorkie, you are wrong.

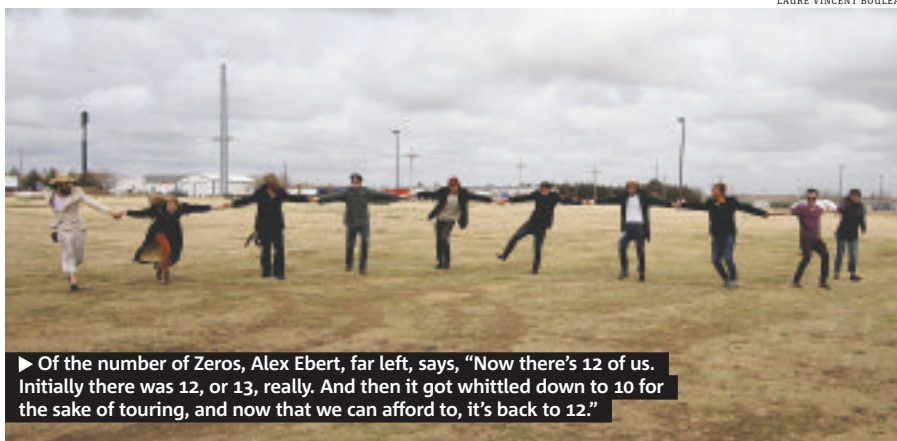
The book is littered with reflections on living the simple life and letting go and buttering your croissants. Whatever, France: We're busy figuring out how to steal Rachael Hale's job — and her little corgi, too.

● MONICA WEYMOUTH

# Getting there from 'Here'

► Edward Sharpe and the Magnetic Zeros get 'a little more all-togethery' with their new album  
 ► Lead singer Alex Ebert on the Magnetic power of his large crew and their 'more aggressive' next album

LAURE VINCENT BOULEAU



► Of the number of Zeros, Alex Ebert, far left, says, "Now there's 12 of us. Initially there was 12, or 13, really. And then it got whittled down to 10 for the sake of touring, and now that we can afford to, it's back to 12."

When asked how the writing process differed between "Up From Below," the 2009 debut from Edward Sharpe and the Magnetic Zeros and their upcoming album, "Here," singer Alex Ebert is quick to give credit to the 11 other members of his band.

"It was a little more all-togethery," he says. "We all sat around and worked on arrangements together."

Ebert may have just coined the phrase, "all-togethery" on-the-spot, but it's quite an accurate description. A few of the songs on "Here" don't even feature a lead vocal and are more

## If you go

► **Edward Sharpe and the Magnetic Zeros**  
**Tonight and tomorrow, 9**  
**Roseland Ballroom**  
**239 W. 52nd St.**  
**\$35, 212-777-6800**  
**www.ticketmaster.com**

like group sing-alongs.

"As we became a band, over the last three years, doing all these radio sessions, we would sing together in an acoustic environment, really hearing each other," says Ebert.

Like its predecessor, the album is full of fun, funky folk, but with more of a focus.

"I don't tend to put out stuff that has a major thematic through-line," says Ebert. "I tend to do what my detractor's would call unfocused albums."

The theme of "Here" seems to be a sort of reckoning with the evils of the world and finding goodness and spirituality within one's self, independent of any organized religion.

"I would say it's an immense amount of defiance in the face of what would otherwise create a dejected character," says Ebert. "Defiance in the will to

## Far from 'Home'

Because of such a long time touring between albums, Ebert and his crew have come up with so much new material that they have a second new album they hope to release later this year. The style of the as-of-yet untitled album is a departure for the group that became famous for their whistle-along single, "Home."

"It's much more aggressive," says Ebert, "not angsty aggressive but sonically aggressive. ... There is some distortion, which we rarely dabble in. If ever there was an album that I was slightly nervous about delivering, I would say it would be this album. It's a little bit outside the realm that we've played in, but that's always fun to do for yourself. ... We feel quite comfortable putting out anything that we love, knowing that we have these people to share it with, and a growing number of people to share it with, too."

perceive things as possible, and hopeful and to be able to dance through the murder and pain."

Detractors have also used terms like "hippies" and "cult" to describe the big band of Zeros. Ebert doesn't mind.

"A cult is a cult until it becomes popular and then it's a religion," he reasons. "We do have an ethos, I would say, so in that sense we share some ideas that we tend to agree on, but I don't think that's necessarily any different than a lot of groups of people."



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### Theater review

## When 'The Columnist' becomes the news

"The Columnist" examines the life of political writer Joseph Alsop (John Lithgow), who held court among the D.C. elite in the 1960s. Revered and feared, Alsop used his syndicated column to chronicle and opine upon the quickly changing nation, from its global position to the intimacies of the White House.

While "Mad Men" offers an intuitive, urbane outlook on America's midcentury shift, this show lifts its nose to sniff out how those at the top are the farthest out of touch with it. For the most part, it subtly traces the underpinnings of that era — one in which a man confident enough to tell others exactly what to think could become both a pillar and pariah in the



► John Lithgow stars as Joseph Alsop in "The Columnist," on Broadway through June 24.

### If you go

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www.thecolumnistbroadway.com

space of the same decade. Then again, it sometimes veers toward heavy-handedness; teen daughter Abigail (Grace Gummer) is a rote representative of the rising youth movement who undermines his authority with short skirts and

concern for the proletariat. Lithgow's Alsop is an unyielding man who is popular on paper yet lacks friends. He has the president's direct line, but keeps at bay his brother (Boyd Gaines). And then there's the woman he marries (Margaret Colin) to be the missing set-piece in his stiffly appointed home — well that, and so the world won't know he's gay.

David Auburn's portrait of this flawed titan is as much a fluid puzzle as the pinwheel set. It moves unbidden around Alsop as does the world at large, a fact that he's forced to reconcile throughout "The Columnist."

● T. MICHELLE MURPHY

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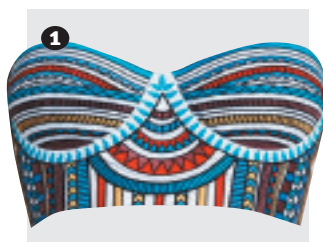
Rihanna in a navy and camel striped crop top with navy skirt.



Selena Gomez in Dolce & Gabbana.

# BARE YOUR BELLY

► Time to start on those crunches — and not just for the beach ► The spring runways were full of exposed midribs ► How to pull them off



Tip

You don't have to expose your entire stomach area or be a model with perfectly sculpted abs to rock this trend. The real girl way to pulling off one of these tops is to pair them with a high waist. That way you're just revealing a hint of skin for a look that's sophisticated and playful.

Get the look



1. Mara Hoffman embroidered bustier top, \$207, [www.marahoffman.com](http://www.marahoffman.com)
2. Guess 30th Anniversary Capsule Collection Corset, \$98, [www.guess.com](http://www.guess.com)
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# Dealing with your moody teenager

PIXLAND



► A breakdown in communication between you and your teen may be attributed to his or her use of technology.

► Does your teen often seem angry, lonely or sad? ► Is it hard to connect the way you used to? ► You're not alone ► Here's why, plus some advice

Teenage years are often the hardest to get through — not just for adolescents, but for their parents as well. The transitional years between ages 13 and 19 bring an onslaught of internal and external conflict — ranging from pressure at school to hormonal changes. Young adults might shut down or even act out when they're trying to cope. Dr. Gregory L. Jantz, founder of The Center for Counseling and Health Resources, recently published "When Your Teenager Becomes the Stranger in Your House." We asked him to tell us more about what teenagers are going through, how parents can detect early warning signs and how to ease this difficult period for the whole family.

## It seems like all teenagers are excessively moody — why is that?

One of the things is the technology issue. We're finding an interesting trend with how young people are consumed with technology, as far as text messaging and screen time. There reaches a point where the brain is oversaturated and overstimulated, and we end up creating a depressed brain with overanxiousness. About 20 percent of our teenagers [in the U.S.] are clinically depressed. That's different than moodiness.

## What are some of the warning signs parents should look for?

I always look for how long the symptoms are present. Has this been going on a couple of weeks, has it increased? Maybe they seem fatigued a lot, their motivation is gone? You'll see a lot of social isolation, where they will move away from family even more, and probably their friends. There's a normal [amount of] wanting to be your own person, but this is more of cutting off from others. There's more impulsive thinking, a lot of rash judgment and irresponsible behavior.

## You talk about girls and boys separately — how are their experiences different?

There are gender differences [as far as] what's going on in the brain. A boy handles depression and moodiness differently than females. Of course, testosterone is an aggression chemical, so boys may be acting out more in a physical sense. Girls who have unresolved depression ... the more the intensity, the more inward they become. And with girls, we're seeing this at earlier and earlier ages.

## How can parents communicate when teens are working so hard to shut them out?

There are three things they need from us: They need to feel accepted, understood and affirmed by us. I think oftentimes we can get very judgmental — and remember, they're hypersensitive to anything critical.

[They need] to know they have value. This doesn't mean you agree with everything they say. Too often we want to fix things quickly, but we should be sure that we're listening first.

## How much should parents feel responsible for what their teens are going through?

Let teens have their emotions, and don't rescue them. You're the parent, not the friend. If we're helicopter parents, they're not going to learn to deal with the three [adult] emotions of anger, fear and guilt.

## What should parents do when it gets too extreme?

There's a point where we have to be step in and say, "We've got to get some outside help." The biggest regret [is] wishing we hadn't waited so long.



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## mywellbeing

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kids

This Friday, the School of American Ballet is holding free auditions for its 2012-2013 winter term. Boys and girls ages 6 to 10 are invited to try out at PS 124 (40 Division St., Chinatown) this Friday at 6:30 p.m. (ages 6 & 7) and 7:30 p.m. (ages 8-10). More information and optional pre-registration, which gives kids priority over on-site registers, is available at [www.sab.org/auditions](http://www.sab.org/auditions).

● METRO/ME

# Making a toxic-free home for your baby

When Shiri Sarfati decided it was time to be a mom, she turned her home upside down.

"As soon as we started thinking about having a baby, I wanted our home to be free of chemicals," says the native New Yorker. "When I was pregnant, I became so sensitive to even the smell of Windex, I just couldn't be anywhere near it."

Her body also became sensitive to beauty products, too, and now that she's breastfeeding, she's extravagant: "If I eat broccoli and it makes the baby gassy, then [it only follows that] if I use a chemical in a skin care product, it's going to have an effect," she surmises.

Annette Rubin, the co-au-

thor of "Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom, and Baby," agrees. "Pregnant moms should avoid teratogens — ingredients that have been linked to birth defects. New moms should avoid ingredients that may be harmful to their breast milk supply, and babies should be kept clear of hormone-mimicking ingredients."

Rubin says that pregnant and nursing moms need to become label-reading experts: "Deciphering the labels on health and beauty products can be a challenge if you didn't major in chemistry with a minor in Latin," says Rubin. "You have

to review the ingredient research and use that knowledge to change your purchasing habits."

As executive vice president of her mother's seaweed-based skin care line, Repêchage, Sarfati knows firsthand about dangerous synthetic chemicals.

"Consumers ask more questions these days and that's very good. But we need to stay aware."

## Expert-approved kids' sunscreens

### Rubin recommends:

- ▶ Babo Botanicals Clear Zinc Sport Stick SPF 30, \$8, [www.amazon.com](http://www.amazon.com)

- ▶ Episencial Sunny Sunscreen SPF 35, \$15, [www.drugstore.com](http://www.drugstore.com)
- ▶ Dr. Robin for Kids All Natural Chemical-Free Sunscreen SPF 30, \$28, [www.amazon.com](http://www.amazon.com)



▶ Read more about chemicals that are potentially hazardous to your health in tomorrow's Metro.

STOCKBYTE

## What to avoid

Sarfati's chemical no-no list is long, but these are at the top of it:

### Petrolatum:

The oil industry by-product, listed in the European Union's Dangerous Substances Directive (UNECE 2004), is

linked with breast cancer. "It's in the leading brand of baby care products and cosmetics. It interferes with the body's natural moisturizers and makes your skin drier."

### Synthetic fragrance and colors:

"These are superfluous. People want bright, pretty colors, but natural pigments create nice shades, too. We

are inhaling these toxic fumes in our homes on a daily basis. Fragrances can be a great irritant and cause allergies."

- ▶ **BPA (bisphenol A):** "There are so many BPA-free bottles and toys on the market and many retailers banned BPA products."



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For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

**Deep Cleansing Facial** Reg \$75 **\$40**  
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**Back/Chest Glycolic Peel Only: \$55/\$30**

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Letters

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Tax inequality not so simple to smear

RE: "WAIT A MINUTE, WHAT PERCENT ARE WE NOW?": I'm a little bit tired of the people like Joshua Tordoff who blindly repeat Republican rhetoric without question. Had they just a little independence to do some research they would have found that the founding principles of the "53 percent" is flawed. The notion that "half of Americans don't pay taxes" not only overstates the share of households that do not pay federal income taxes in a typical year; it also ignores the other taxes poor people pay, including federal payroll taxes and state and local taxes. For example, if you look at state and local taxes, the working poor actually pay a higher percent-

age of their income in these taxes in every state except for Vermont. The top 400 taxpayers — who have more wealth than half of all Americans combined — are paying lower taxes than they have in a generation, as their tax responsibilities have slowly collapsed since the New Deal era as working families have been asked to pay more and more. Rather than taking aim at some of the poorest members of our society — 62 percent of whom have incomes under \$20,000 — Americans should be asking how we can get the super-wealthy to pay tax rates closer to their modern historical average and how we can lift up the incomes of those who are too impoverished to be asked to pay federal income taxes. **BARB MILUSKI, JERSEY CITY**

Wall Street needs to be boring again

RE: "WALL STREET ONLY CREATES INEQUALITY": Joseph Connell writes that Wall Street doesn't build, invent, etc. That's true as far as it goes, but financial services are necessary infrastructure for real productivity and creativity. Wall Street is dysfunctional, not nonfunctional. A system that works is cheap and unobtrusive; one that doesn't is expensive and noticeable. Let's make banking boring again, and let's send speculators off to gamble just with each other. **DAN WYLIE-SEARS, VIA E-MAIL**

Meanwhile, in Syria: Slaughter persists

The slaughter in Syria continues unstopped. This shows us two things. First, Bashar al-Assad

is a murdering monster, much the way his father was before him in Hama in 1982. And second, the Obama administration was naive in assuming a few nice words and a cute smile could turn Syria from a brutal dictatorship supporting terrorism. **ARTHUR HORN, NEW JERSEY**

More on taxes: Obama the tyrant

Now that we have dutifully wrapped up our federal taxes for 2011 and helped pay for the waste and thievery in Washington, we can look ahead to what the descendants of Marx, Lenin and Engels have in mind for us for next year. If you are in the 10 percent bracket, kiss it goodbye because you will now be in the 15 percent bracket. That will gouge everybody even more, not just the \$250,000-and-up earners. Elections matter. This administration is making a conscious effort to destroy the middle class any way it can. Remember in November. **JOHN SANGENARIO, VIA E-MAIL**

Horoscope

♉ Taurus **April 20-May 20.** If you believe you have a better way to do something at work, it behooves you to offer your suggestion to a person who can make things happen.  
♊ Gemini **May 21-June 20.** You can reap rewards for yourself at work by being helpful to someone who is struggling. The bigwigs will most likely notice, and the other party will remember your aid, as well.  
♋ Cancer **June 21-July 22.** This could be a very productive day for you, owing to your ability to put everything in its proper perspective. You'll know what to tackle and how to do so effectively.  
♌ Leo **July 23-Aug. 22.** With your exceptional leadership and organizational skills, it shouldn't be too difficult to get others to follow your directives. They'll see that what you ask is good for them as well.  
♍ Virgo **Aug. 23-Sept. 22.** Overall conditions specifically favor projects that would enhance your material security in ways that could be long-lasting. Things look very promising in this regard.  
♎ Libra **Sept. 23-Oct. 23.** Don't attempt to use flattery, subterfuge or insincerity when trying to make a pitch for something you want. Your colleagues will see right through you, and it won't help your case.

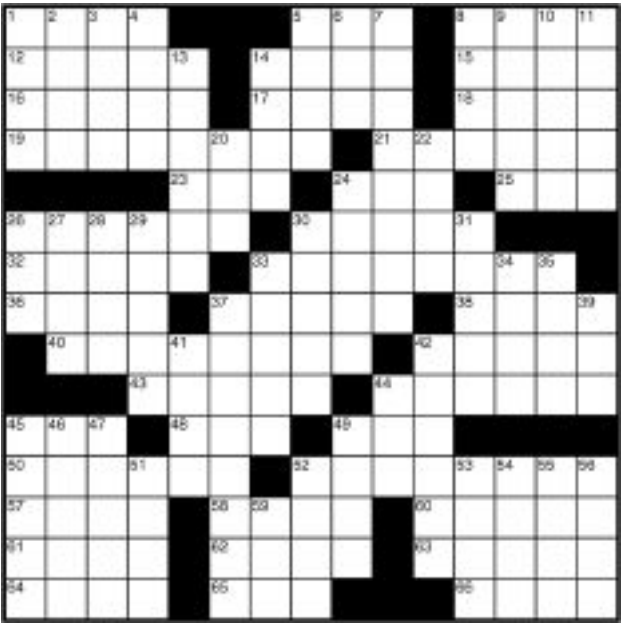
♏ Scorpio **Oct. 24-Nov. 22.** The interests of you and your associates can be advanced if you treat people the way that you'd want to be treated. It's an old formula, but one that always works.  
♐ Sagittarius **Nov. 23-Dec. 21.** If you need the assistance of an old friend, state your case clearly and factually. When she or he realizes your need, your pal will come through for you without having to be badgered.  
♑ Capricorn **Dec. 22-Jan. 19.** Your chances for successfully fulfilling a large personal ambition are above normal. In addition to your strong will to do so, Lady Luck will help things fall in line for you.  
♒ Aquarius **Jan. 20-Feb. 19.** Recognition that escaped you in the past regarding a certain project is likely to come at last. It's a situation that appears to be taking on a life of its own.  
♓ Pisces **Feb. 20-March 20.** When it comes to accomplishing your career objectives, stick to proven methods and procedures. What functioned well for you before will work even better for you now.  
♈ Aries **March 21-April 19.** Because your intuitive perceptions are likely to be accurately zeroing in on the potential outcome of events, trust your instincts with impunity.  
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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Across

- 1 Peal of thunder
- 5 Cosmonaut's station
- 8 Minnows
- 12 Fix up a house
- 14 Knight's weapon
- 15 Mme. Gluck of opera
- 16 Familiar saying
- 17 Tel \_\_\_\_
- 18 Headliner
- 19 Entry points
- 21 Time of the mammoths (2 wds.)
- 23 Khan of note
- 24 Md. neighbor
- 25 Lo-\_\_\_\_ graphics
- 26 Adult
- 30 Watered silk
- 32 Archaeology find
- 33 Walked (2 wds.)
- 36 Civil offense
- 37 Quail family
- 38 9-to-5 units, commonly
- 40 Excused
- 42 Like an injured leg
- 43 Readied the bow
- 44 Birds with toes
- 45 Opposite of ruddy
- 48 Watch secretly
- 49 Sweater letter
- 50 Gold Rush state
- 52 Seismic events
- 57 156, to Cato
- 58 Rock's \_\_\_\_ Straits
- 60 Eyewash acid
- 61 German canal city
- 62 Cloudburst
- 63 Joshua tree, e.g.
- 64 Bellow
- 65 U.K. part
- 66 Auto import
- Down**
- 1 Jagged rock
- 2 Helen of Troy's mother
- 3 At the drop of \_\_\_\_
- 4 Leaf through
- 5 Dallas NBAers
- 6 Here, to Henri
- 7 Bring back to life
- 8 Headquarters
- 9 Sacred table
- 10 Portrait
- 11 Container weights
- 13 Watch out!
- 14 Pyramid builder
- 20 Stone or Ice
- 22 Give a darn
- 24 Wheedled
- 26 Colo. setting
- 27 Standing on
- 28 Prefix for "trillion"
- 29 Modern lead-in
- 30 Budged
- 31 A funny Murphy
- 33 Bear's delight
- 34 Poet's foot
- 35 Use a keyboard
- 37 Buddy
- 39 UNIX or DOS
- 41 Common UFO shape
- 42 Dirty
- 44 Herd of whales
- 45 Zany
- 46 Jane Curtin role
- 47 Belly button
- 49 Adolescent
- 51 Housecat's perch
- 52 Spruce
- 53 Harris and Piniella
- 54 "Free Willy" whale
- 55 Costa \_\_\_\_
- 56 Accident reminder
- 59 Fleming of spydom



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	9	5		4	6	1		
6		2						

SUDOKU **LEVEL: EASY**

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	8		4			3	1	
	1			7				
	3	5				2	9	
			9				6	
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	6		5		1		4	2
4								5

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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## ideas

# Make the most of your layover

► When traveling internationally you sometimes have to wait ► But these are the world's best airports  
► The waiting is the hardest part? Not so anymore

## London Heathrow (LHR)

**What to Do:** The Olympic host airport for 2012 garners first-class stopover status for many reasons, but fashion comes first. Gleaming flagship Terminal 5 accords a slew of luxury shops like Burberry, Dior, Mulberry, Gucci and a sprawling 11,000-square-foot Harrods. Don't forget to pick up an official 2012 Olympics souvenir from The London 2012 Shop (T3) and make sure to check [www.heathrowairport.com](http://www.heathrowairport.com) daily for special offers at all airport stores, including eight World Duty Freees.

**Where to Eat:** Gordon Ramsay's Plane Food (T5) has runway views, an open kitchen, and a respectable British menu (reservations recommended). Or opt for quick and tasty noodles at Wagamama, Heathrow's out-

## In the U.S.

### San Francisco International Airport (SFO)

**What to Do:** San Fran is a prime jumping-off point for long Pacific flights, and a cushy one at that. Terminal 2 debuted in 2011 as the U.S.'s greenest terminal, featuring free Google-sponsored Wi-Fi, club-like gate seating, an Xpres spa, hydration stations for reusing water bottles and paperless ticketing. In January, T2 debuted the world's first airport yoga room. Need a shower? Stop by the Freshen Up! Store, where they're \$15.

**Where to Eat:** Try the porchetta sandwich at Tyler Florence, in Napa Farms Market.

post of the globally trendy pan-Asian chain, in a bright and airy communal setting.

### Amsterdam Schiphol (AMS)

**What to Do:** Amsterdam's Schiphol's awesome airport amenities include a free branch of Amsterdam's famous Rijksmuseum art gallery; a library featuring classic Dutch literature, music and iPads; and a casino. Grab your one hour's worth of free Wi-Fi and some fresh air on the sunny terrace at the new indoor-outdoor Airport Park, featuring a 130-year-old tree as a centerpiece, picnic tables, organic snacks and fair-trade coffee.

**Where to Eat:** Grab a newspaper, pikketanissie (a traditional Dutch alcoholic drink), and a



► Really, it does NOT have to be this boring.

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# The Ecuador escape

- Make the central part of the planet the center of your attention
- You can find the equator by GPS
- There is more fun to be had too

When most people think about planning a trip to Ecuador, they imagine visiting either the big cities — like Quito, the capital — or the luxurious Galapagos Islands. But in between, there's an array of travel opportunities that often get overlooked. Bordered by Colombia, Peru and the Pacific Ocean, the Republic of Ecuador is divided into three distinctly different landscapes: the coast, the Andes Mountains and the Amazon Rainforest.

## The coast

You can soak in all of the nation's famed beach life without shelling out big bucks for the Galapagos. Close to Manta, a port city in the Manabi Province, you can set out on Isla Corazon (Heart Island) mangrove tours and explore the heritage of more rural villages. A few hours' drive brings you to Alandaluz Hosteria, an eco-

lodge with pools and a private beach ([www.alandaluzhosteria.com](http://www.alandaluzhosteria.com)). Further south in Santa Elena, Salinas is nicknamed "Little Miami" for its fun-in-the-sun reputation. Nearby, Los Frailes is considered one of the country's most beautiful beaches.

## The Andes

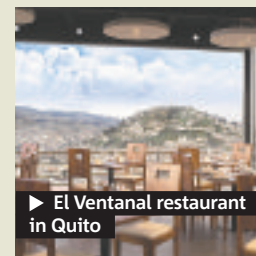
One major highlight is the Middle of the World, at the line of the equator in Pinchincha Province. You can learn about the physics and history of this intriguing geographical spot at its present, GPS-verified location — or at the site of the original monument, approximately 240 meters south. Don't miss El Crater, a restaurant and hotel located in Mirador del Pulagua on the edge of a large, scenic volcanic crater. With actual clouds wafting past at eye-level, the quirky-yet-upscale venue offers an exquisite sense of atmosphere ([www.elcrater.com](http://www.elcrater.com)).

## The Amazon

You can make an entire trip out of a jaunt to the Amazon. The rainforest offers a one-of-a-kind getaway where you can turn off your electronics, explore nature and escape from the world. Choose from eco-friendly retreats like the Napo Wildlife Center, where packages averaging four days include lodging, meals and activities. Bilingual guides lead hikes, bird-watching and canoe trips ([www.napowildlifecenter.com](http://www.napowildlifecenter.com)).

## Ecuador is easy

- English is commonly spoken in major areas
- Ecuador uses American dollars as currency
- It's on EST, except during Daylight Saving Time
- Electric outlets take U.S. plugs without conversion
- The flight is less than seven hours from NYC



## Pit stop

In the middle of the three regions, Quito is an excellent layover for a day of rest and cultural intake. With stunning churches, museums, nightlife and plenty of shopping, the nation's capital offers more traditional urban tourism fare. Worth the steep drive through the heart of the city's colonial center, **El Ventanal** restaurant offers upscale dining with breathtaking panoramic views ([www.elventanal.ec](http://www.elventanal.ec)). Our advice: Don't skip dessert.



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# GOT FIBROIDS?

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Seen in 70 percent of reproductive age women, fibroids are the most common reason for surgical removal of the uterus in the U.S. In addition to the risks and consequences of this invasive procedure, fibroids are also associated with profuse menstrual bleeding, anemia, pelvic pain, infertility and miscarriage.

Dr. Serene Srouji, a gynecologist at Brigham and Women's Hospital notes that "many women have such heavy bleeding

from fibroids that it interferes with their ability to work and care for their children and go about the tasks of daily living."

It has been recognized that fibroids are about three times more prevalent in black than in white women and that the predisposition to developing fibroids runs in some families. Despite their major public health impact, the cause of fibroids remains unknown.

The Center for Uterine Fibroids at BWH is conducting a research study, "Finding Genes for Uterine Fibroids," which is aimed at identifying the causes

of uterine fibroids and brings hope to many women and their families, as it seeks to provide the answers and non-surgical treatment options desperately needed for future generations.

"The only completely effective treatment we currently have for fibroids is hysterectomy, an invasive surgery that forces women to give up their fertility," says Dr. Cynthia Morton, Director of Cytogenetics at BWH and Research Director of the Center for Uterine Fibroids. "This research is essential in developing alternative treatments and eventually alleviating the suffering of so many women."



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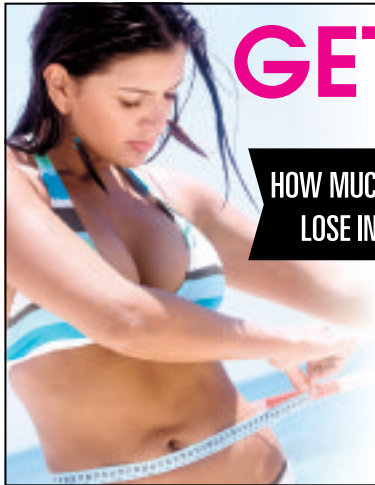
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Linda Fan, MD, Assistant Clinical Professor,  
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# Get your body ready for a bikini

It's time to start thinking about that most merciless of garments that even the truly toned professional trainers dread: the bikini.

"Even I go through the exact same thing every woman goes through at this time of year when they start thinking about putting on a bikini," says Jackie Warner, a FitOrbit-certified trainer, author and star of Bravo's "Thintervention" ([www.jackie-warner.fitorbit.com](http://www.jackie-warner.fitorbit.com)). "The bikini is very unforgiving."

But even though summer is just around the corner, there's still time to get toned up. Get going now with a bikini-ready workout (and watching what you eat)

**"I say crunches are a waste of time ... Crunches can build muscle under fat and make the belly look even bigger."**

in order to hit the beach this summer sporting that taut bum and tight tum you crave.

Warner says there are misconceptions on which exercises work best. For instance, for tightening up the belly, most people hit the floor for some crunches.

"I say crunches are a waste of time. It's the slowest way to build muscle," she says. "Crunches can build muscle under fat and make the belly look even bigger."

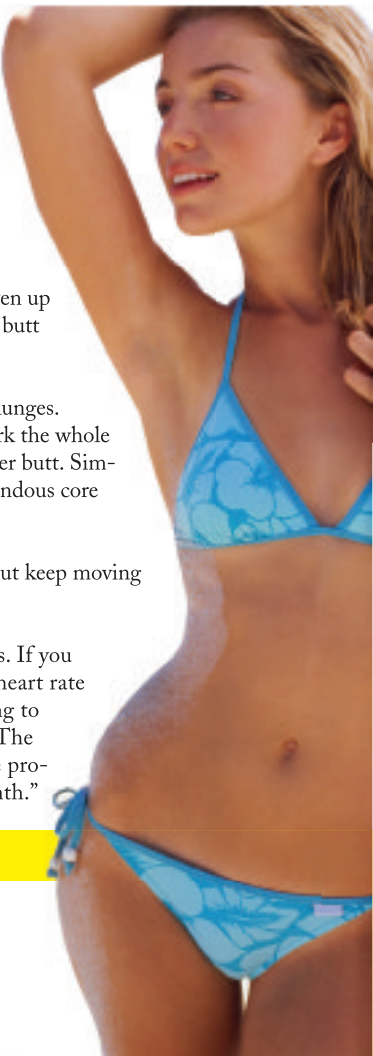
Instead, she recommends not concentrating on the almighty "washboard" upper abs — the lower abdominals are what pulls a woman's belly in more. Warner chooses squats and lunges over crunches, and planks

and push-ups over sit-ups. These tighten up those bikini-sensitive areas — tummy, butt and thighs — all at the same time.

"People don't like lunges; I don't like lunges. But they are very effective. Planks work the whole lower body and result in a firm, rounder butt. Simple military-style push-ups give tremendous core strengthening, too."

Keep it very simple, Warner advises, but keep moving in order to burn fat as you tone.

"Don't take rests in between exercises. If you keep moving hard, it builds up your heart rate and metabolism. One important thing to remember is that the body plateaus. The body adapts. If you want keep up the progress, change your routine every month."



## SIMPLE EXERCISES FOR ACHIEVING THAT BIKINI BODY

### FLAT FLYE



- Hold a dumbbell in each hand and lie on your back.
- With your palms facing each other, extend your arms straight up so that the dumbbells are directly over your chest.
- Slightly bend your elbows and extend them downward in an arc until you feel a complete stretch in your upper chest.
- Hold the open position for a pause.
- Now squeeze your chest muscles and draw your arms back to the starting position.

### STRAIGHT LEG DROP



- Lie on your back with your legs lifted so that they are perpendicular to the floor and your hands are palm-down gripping the floor.
- Slowly lower your legs until they are two inches from the floor.
- Raise to the starting position.



### FRONT ALTERNATING LUNGE

- Begin with your feet together, your chest out and your shoulders back. Hold a dumbbell in each hand at your sides.
- Take a big step forward on your right foot and lower the opposite knee to the ground.
- Push back to the starting position without bouncing. Make sure you put your weight on the lunging heel, not on your toe.
- Alternate to your left side, repeating the movement.

- Stand with your feet a little wider than shoulder-width apart and your knees slightly bent.
- Hold a dumbbell in each hand for increased resistance.
- Keeping your head neutral, abs tight and torso erect, bend at the knees and hips to slowly lower your body as if you were going to sit down in a chair. Your thighs should be parallel to the floor.
- Straighten your legs to the starting position, pressing back up from your heels.

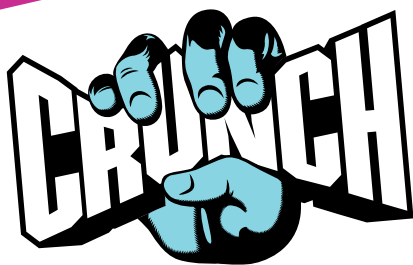


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A SPECIAL SECTION FOR METRO

## Top foods for a flatter stomach

By Joy Bauer, MS, RD

With swimsuit season just around the corner, bloat has become public enemy number one. Everyday bloating can be caused by water retention (typically from eating too many salty foods), or by overdoing it on gassy foods (think high-fiber cereals and bars, broccoli and Brussels sprouts) that puff you up with extra air.

Whatever the cause, it's downright uncomfortable...and certainly doesn't flatter your warm weather wardrobe. While no one food can flatten a flabby belly, there are some strategic nibbles that can help you get a smashing bikini bod in time for summer.

### WATERMELON

Loaded with water (which helps fill you up, and flushes out extra water and salt), this super-sweet, vitamin C-rich summer fruit clocks in at less than 100 calories per cup or large wedge.

### GRILLED VEGGIES

Load your grill with mushrooms, onions, bell peppers, zucchini, eggplant and asparagus — you'll fill up and be more apt to pass on the heavier sides like macaroni and potato salad. For an easy, low-cal prep, spray your veggies with an oil mister and lightly toss with preferred seasonings.

### FROZEN RED/PURPLE GRAPES

At only 80 calories per cup, frozen grapes are the perfect way to satisfy a sweet tooth without packing on the pounds. Plus, the red and purple varieties are brimming with antioxidants.

### CUCUMBERS

Cucumbers are loaded with water and naturally low in sodium. Plus, they're slim-sational: One whole cucumber provides only 45 calories.

### BANANAS

For about 105 calories, bananas provide a hearty dose of potassium, which helps rid your body of extra sodium. Less sodium = less bloat!

### 'NUDE' AIR-POPPED POPCORN

It's an ideal guilt-free munch food: Each popped cup has two grams of fiber and only 30 calories. But be sure to go easy on the salt — try other seasonings like chili powder, garlic powder, cinnamon...even a few dashes of hot sauce!

### EGG WHITES

One egg white provides only 17 calories and four grams of filling protein, which means an egg white omelet is the perfect slimming morning meal. Plus, studies show that eating a protein-rich breakfast can help curb appetite later in the day and boost weight loss efforts. A flatter stomach is on the way!

### UNSWEETENED ICED TEA AND COFFEE

Calorie-free and full of antioxidants, these refreshing, cool beverages fill you up and help flush out extra sodium. Add a shot of natural sweetness to cold tea by slicing in fresh fruit and refrigerating overnight. And stick with skim or 1 percent low-fat cow's milk, soy milk or unsweetened almond milk for the coffee.

For more slimming tips, follow Joy Bauer on Facebook and Twitter (@joybauer) and visit [www.joybauer.com](http://www.joybauer.com).

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# \$60 MILLION GOAL

- Richards ties game with :06 left
- Staal's winner puts them up 3-2

Brad Richards was targeted in free agency by the Rangers last summer because of his skill, experience and leadership.

Richards' attributes coalesced with 6.6 seconds left in regulation of Game 5 to give the Rangers control of their conference semifinal series with Washington.

Throughout their remarkable regular season, the Rangers spoke in matter-of-fact fashion about finding a way to win a game.

Last night, Richards' tying goal gave the Rangers life and set the stage for Marc Staal's game-winning power-play goal 1:30 into overtime.

The Rangers are one win away from advancing to the Eastern Conference finals after a 3-2, come-from-behind win, over the Capitals at the Garden.

38

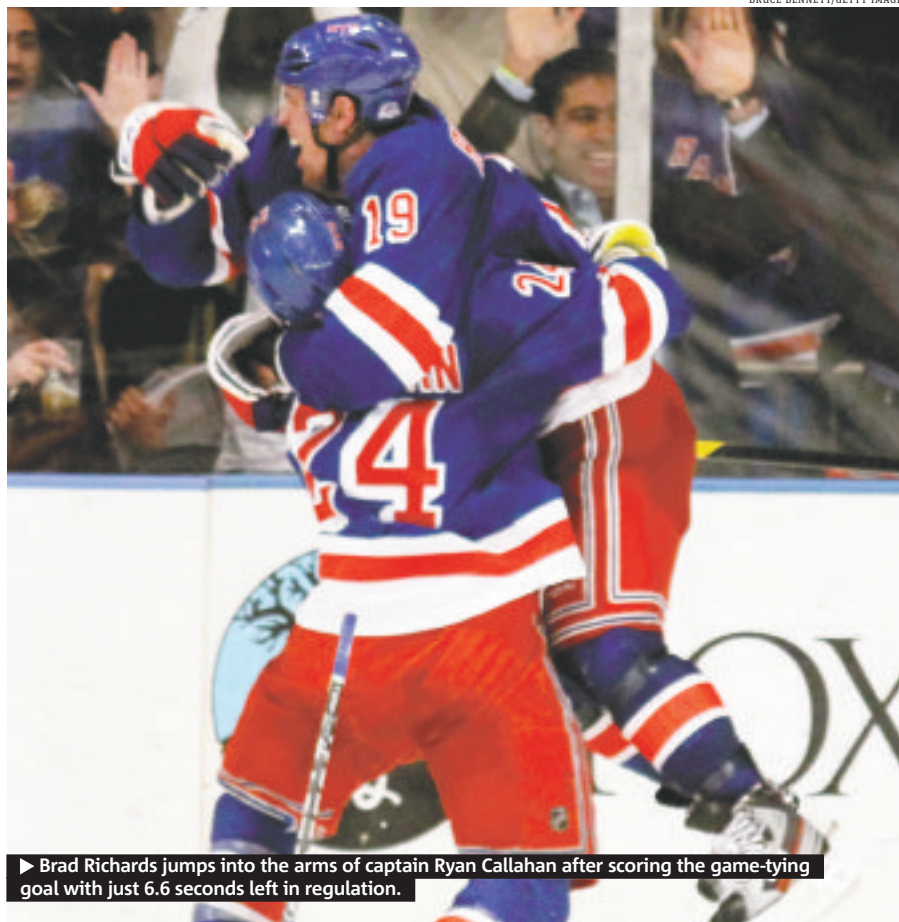
**The Rangers ended the game outshooting the Capitals 38-18 despite having to rally to win the game.**

Game 6 is tomorrow night at the Verizon Center.

In a mirror-image series, it has been a team or individual mistake that has determined winners and losers. Joel Ward's four-minute minor for high sticking Carl Hagelin late in the third gave the Rangers an opportunity to tie and later win the game.

Despite the Rangers' 26-10 advantage in shots, the teams entered the third deadlocked at 1-1. Anton Stralman potted the only marker of the opening stanza with a wrist shot that eluded Braden Holtby at 10:44. Brooks Laich equalized at 8:15 of the second, while John Carlson gave the Caps their only lead of the game 4:20 into the third.

**DENIS GORMAN**  
sports@metro.us



► Brad Richards jumps into the arms of captain Ryan Callahan after scoring the game-tying goal with just 6.6 seconds left in regulation.

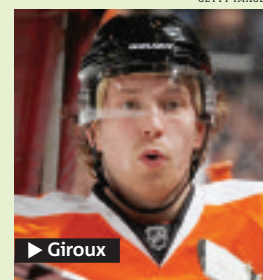
## Giroux gets one-game suspension

If the Flyers are going to stave off elimination in tonight's Game 5 against the Devils they will have to do it without their leader Claude Giroux.

The NHL announced yesterday afternoon that Giroux was suspended for Game 5, in response to his shoulder to the head of New Jersey Devils winger Dainius Zubrus late in the second period Sunday night.

Giroux received a two-minute minor for illegal contact.

"It looks like the textbook hit they are trying to get out of the game," Devils head coach Peter DeBoer said in his postgame press conference Sunday night. DeBoer also noted that NHL Commissioner



► Giroux

Gary Bettman and Deputy Commissioner Bill Daly were at the game. "I am sure they will look at that."

"When you look at this shift in its entirety, including the violent chop of the stick coupled with the lateness of the hit, we feel this reckless picking of the head rises to the level of supplemental discipline," NHL director of discipline Brendan Shanahan said in a statement.

Giroux said he would not appeal the suspension and "just wants to move on." ● METRO

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# Knicks searching for a point man

The Knicks' thrilling win in Game 4 of the Eastern Conference quarterfinals was a small step in getting back in the series.

If they are to take advantage of any momentum, they'll need to go to Miami tomorrow and find a way to extend the series. Otherwise, Sunday's win was just prolonging the inevitable.

"It was a big game for our franchise, our fans and the younger guys because they had no idea what playoff basketball was about. It was huge for us moving forward, but it was just one game," said interim head



## ON TV WEDNESDAY

Knicks at Heat — Game 5  
7 p.m., TNT

coach Mike Woodson. "I always look at the big picture and that was to come home and win two games, but we slipped up and only got one. Now we have to get one down there and get Game 5 back here and put the pressure on them."

The Knicks will go into Game 5 undermanned. They still don't know exactly who will play the most minutes at point guard. Mike Bibby will likely get the start.

"Bibby's had a helluva career in our league," Woodson said. "He's not what he used to be, but he's still capable in short minutes to run a team."

One guy it probably won't be is Jeremy Lin. Lin hasn't played since March 24 with a knee injury.

"I've been watching him on the side and he's not in great shape," Woodson said. "You know in playoff basketball you have to be at an all-time high [conditioning] and he's not there yet."

**TONY WILLIAMS**  
sports@metro.us

## Davis' career may be over

It didn't take a stint in medical school to realize Baron Davis' Game 4 knee injury would keep him out for the rest of the season. Turns out, it might be forever.

Davis not only had a partial tear of his patella tendon in his right knee, but also tore his ACL and MCL. Recovery will take approximately 12 months, which would mean he would miss all of next sea-



son. Davis is 33 now and would be 34 by the time he was able to return. The

market for a 34-year-old point guard coming off major knee surgery likely won't be high.

"I dropped down to one knee and said a prayer," power forward Amar'e Stoudemire said of the Davis injury after Game 4. "I almost shed a tear to be honest." **METRO**

# Pettitte says he is ready to return to Yankees now

- ▶ Lefty believes he has done all he can in rehab starts
- ▶ GM Cashman not ready to make commitment just yet

Andy Pettitte is ready to make his return to the Bronx. The problem is Yankees general manager Brian Cashman isn't so sure.

Pettitte made his fourth minor league start Monday night in his quest to return to the majors after a year off in 2011 and proclaimed himself ready to contribute.

"I'm going to let them let everybody know what we've got going on," Pettitte told reporters after the game in reference to what he'd tell Cashman and manager Joe Girardi about his return. "I feel like I'm ready and I think they're ready for me to come up."

And while Pettitte says he feels ready, his numbers have been less than spectacular in his last two rehab starts.

On Monday, for Triple-A Scranton-Wilkes Barre, Pettitte surrendered three earned runs (five total) and eight hits in five innings. He allowed eight baserunners and three earned runs pitching for Double-A Trenton the start before.

"There are five other guys in the current rotation and when is he ready for us?" Cashman told ESPNNewYork yesterday. "Do we want to add him now? How do you slot him in? Does he need another outing? I don't have to make a decision



▶ Pettitte went five innings against Pawtucket on Monday.

## 10.1

Through his four rehab starts Pettitte is allowing 10.1 hits per nine innings. He has a 3.71 ERA, but it's 1.29 in his two starts at Single-A Tampa.

on any of that stuff today."

"It's inevitable, I believe, to get me up there and get in the mix," Pettitte said Monday. "You try to get locked in, you try to get focused, but it's difficult when you're signing baseballs."

**MARK OSBORNE**  
mark.osborne@metro.us

## Tejada to DL

The Mets added shortstop Ruben Tejada to the DL yesterday with a strained right quad. He injured himself Sunday running to first.

▶ "These strains can linger," assistant general manager John Ricco said. "Rather than run the risk of him trying to come back too soon because he sees the team playing short, shut him down, let him recover and get some therapy."

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233 St Area New 3 br apt for rent, 2 bths, new shops & frons (283) train, 1 mo rent, 1 mo security, \$1800/mo. Owner 347-603-0043

**HUNTS POINT** off Garrison Ave Well maintained rent stabilized bldg 1st mo rent free 2br \$1068/mo 3br \$1221/mo Agt. 718-657-1085

**SOUNDVIEW AREAS**  
Newly Renov 1 BR @ \$1000/mo. Elevator Bldg, New Appliances. Call: 646-491-4943 / 347-623-3202

**CROWN HEIGHTS:** Lefferts Ave. Washington. Beautiful, well maint. Rent stabilized bldg hndv flr. Near shops/frons, Studio \$1050, 1st 1/2 mo. rent free. Agt 718-657-1085

**CROWN HGTS:** Buffalo & Rochester 2 BR \$1250. Beautiful, well maint. Rent stabilized bldg, hndv flrs. Nr shop/fron, Agent 718-657-1085

East Flatbush ♦ 1 Br Unfurnished Apt ♦  
Call owner 718-462-1777 Bet. 7pm-9pm

**EAST FLATBUSH** Ave H & 34th St 1 blk off Flatbush Near shops, frons, Jr 4 \$1250 Well maintained rent stabilized bldg 1st 1/2 mo Rent Free. Call Agent 718-657-1085

## Apartments

★E. Flatbush & Brooklyn All Areas ★  
★ Studios \$550 & Up ★ 1 BRS \$900 & Up  
★ 2 BRS \$1200 & Up ★ 3 BRS \$1400 & Up  
C-21 ACHIEVERS 718-738-0060

**FLATBUSH:** Ave H & 32nd Flatbush Ave. Studio's \$975-\$1025/mo well maintained rent stabilized bldg, 1st mo rent free Call Agt 718-657-1085

**FLATBUSH:** E. 26th ST. 1 Block off Flatbush Ave. Studio \$925 well maintained rent stabilized bldg, 1st mo rent free. Call Agent 718-657-1085

**FLATBUSH EAST 17th** off Beverly Rd. Well Maintained Rent Stabilized Bldg, Studio's Apt. w/hw Flrs, 1 Br \$1225/mo. 1/2 mo free. Agt 718-657-1085

**FLATBUSH:** Lott/Foster/Church St. Renov apts w/new kit & hndv flrs, close to shopping & transportation. Rent stabilized well Maint'd Bldg, Studio's \$825/mo, 1 BR \$995-\$1025/mo. Agt 718-657-1085

Kensington 2 Br quiet house, 2 mos sec 1 mo rent, credit & bckgrnd ck. No smoking, pets or washing machine \$1400 Owner 718-483-1523

**PROSPECT PARK:** Ocean Ave Corner of Parkside. Studio \$950/mo, well maint'd, rent stabl. bldg, hndv flrs. Across the St. from park, subways/shops. 1st 1/2 mo rent free. Call Agent 718-657-1085

★RUGBY★ E. 56th St & Church Ave. well maint'd rent stabilized bldg. 1 BR \$995. 1st 1/2 month rent free. Agent 718-657-1085.

**CORONA:** 114th. & ROOSEVELT Lg. Well maintained rent stabilized building w/laundry facility. Studio \$925. Call Agent 718-657-1085

**Brooklyn/Bronx Apartment Building Rental Available**

**NO Fee! NO Fee!**  
**Immediate Occupancy on ALL**  
Studios, 1, 2, 3 Bedrooms  
**Fully Renovated:**  
Upgraded Kit/Bathroom  
Hardwood Floors  
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Grch style apts quiet residential area Nr shops, frons, beach. Rent stabilized Spacious, newly renov kit 1br \$975, 2br \$1125-3BR \$1300. 1st mo rent free. Call Agent 718-657-1085

★ ROSEDALE/Springfield Gardens ★  
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**PARKCHESTER SPRING SPECIAL**  
LIMITED NUMBER OF  
**1 BEDROOM**  
RENTAL APTS **\$985** per mo  
ONLY  
**SPACIOUS 2BRs \$1325** per mo  
AS LOW AS  
**SPACIOUS 3BRs \$1625** per mo  
ONLY  
On site shopping, restaurants, offices, even a movie theatre. 30 minutes to midtown via #6 subway or express buses.  
**SEE MODEL APTS & PREMIER APTS AT OPEN HOUSE:**  
**TUES & THURS - 5PM-7:45PM**  
**SAT - 10AM-1:45PM**  
**APPLY ONLINE TODAY**  
or schedule an appt for **718-412-4696**  
an Open House visit  
**www.parkchesternyc.com**

## Apartments

**BRONX**  
**1 BEDROOM APTS, Starting at \$925**  
Transp. near by.  
Call 212-752-2670  
After 5pm Sat., Call 718-644-4098.

**QUEENS**  
**STUDIO and 1 BEDROOM APTS.**  
Near Transportation  
Call 212-752-2670  
from 9am-5pm.

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## Jobs

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**KIDS WANTED - Magazine Needs Kids**  
3 mos. to 16 years for upcoming features & covers. Call 212-663-2160.

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UP TO \$17 P/H  
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 Staffing for residential and office buildings in NYC. Positions paying \$10-\$22/hr. F/T and P/T avail. Contact HR Dept 201.640.1544 or 212-470.3973 Accepting calls from 9am to 9pm.

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No exp. Nec  
Full and Part Time  
**UP TO \$17 PER HOUR**  
All 5 Boros  
**MUST BE ABLE TO START IMMEDIATELY**  
Taking calls till 9pm  
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For Immediate interview  
Call Mr. Marino  
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newyorkjobs22@gmail.com

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It's about time you start enjoying your work!!!  
**IMMEDIATE POSITIONS**  
FOR MALE & FEMALE HHA'S  
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We have a grrt team of friendly staff. We are the Agency that treats you with respect.  
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CNA'S - Great need for CERTIFIED NURSING ASSISTANTS in Queens (close to Bklyn area) Must have 1 yr Nursing Home or Hospital Exp & current NYS CNA Lic. Many other CNA opportunities avail NY/NJ. Fax resume: 718-367-8339 or Email: maria@whiteslovecare.com, P: 718-367-8181 ext. 191, 85 Bartlett St. Brooklyn, NY 11226

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CASES AVAILABLE IMMEDIATELY  
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Nurse Manager, with exp for 300 + bed Bronx LTC facility, Exp required. Great Pay. Advanced Medical Staffing, 718-643-9316 email: sarac@eamstaffing.org

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## Healthcare

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 No Exp./No H.S. or G.E.D. Req. Paying Up to \$19.50/ Will Train Call HR Dept Now (347) 298-0357

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For corporate bldgs in New York. No exp nec. Will train if needed. Up to \$18/hour. Call 212-470-5661

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Jobs avail in Tri-state area, no exp nec, will train. Bilingual a +. Call 914-864-0422 or 914-864-0423

**Job Fair**  
Tuesday, May 15  
5am-8am  
Fulton Auditorium  
119 9th Ave.  
New York, NY 10011  
Interviews will be held for the following positions:  
Drivers, Field Dispatchers, Luggage Handlers (Loaders), and Ticket Agents.  
Drivers must bring their MVRs.

To register to attend, visit  
http://mesabus.cdnhr.com/jobairs/

If unable to attend, please apply in person at 349 First Street, Elizabeth, NJ 07206, EOE

## General Help Wanted

PERMAY AGENCY ★ JOBS ★ JOBS  
Restaurant All Positions Avail. Cashier Sales Deli HHA Hskeeper Babysitter Fee 718-764-6650-718-672-9832

Airline Now Hiring. Major Airline at JFK, LaGuardia & Newark Airports Now Hiring. NO EXPERIENCE NECESSARY. \$14 to \$22hr + benefits. Call 212-629-1777. FEE

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All shifts avail. F/T/PT, \$28-19/hr, no lic req'd. Start asap at 212-470-4499

**CORP SECURITY SERVICES**  
Conducting interviews this week only. Up to \$20/wkly. No exp nec, F/T/PT. Call: 646-260-4916

## TV / Film / Musicians

**Actors/Models/Extras/All ages/All types NEEDED!!!**  
For film/TV/print/runway/mag/catalog. NO EXP NEC. Call for appt. (646) 807-7402

## Transportation / Travel

**CHARTER/COACH DRIVER- Class**  
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**DRIVER CDL req'd. Recycling Co.**  
Night Route Mon-Fri. Min. 2 yrs exp. on manual trans. Good Pay, Union Benefits. Call 718-542-0101

**DRIVERS For MOTHER'S DAY**  
May 12th-May 15th. Make up to \$250/day. Deliver w/bwn car. Van a +. License & orientation a must. Come now to Grandland Event @ 537 East 3rd St. At. Vernon NY for orientation @ 10am, 12pm, 2pm. Call 914-663-9561

Transportation  
Megabus, A Coach USA Company, a leading public transportation company, invites you to attend our:

**Job Fair**  
Tuesday, May 15  
5am-8am  
Fulton Auditorium  
119 9th Ave.  
New York, NY 10011  
Interviews will be held for the following positions:  
Drivers, Field Dispatchers, Luggage Handlers (Loaders), and Ticket Agents.  
Drivers must bring their MVRs.

To register to attend, visit  
http://mesabus.cdnhr.com/jobairs/

If unable to attend, please apply in person at 349 First Street, Elizabeth, NJ 07206, EOE

## megabus.com

## General Help Wanted

PERMAY AGENCY ★ JOBS ★ JOBS  
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★★★ \$21.87 / HR AVG ★★★  
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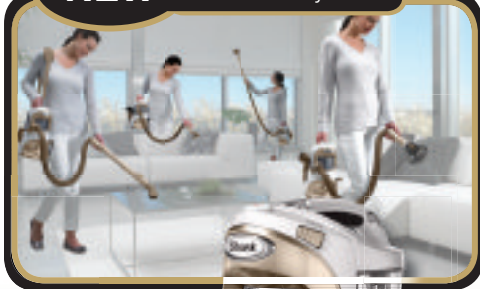
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Tuesday, May 8, 2012

**NEW** Vacuum everywhere!



### **Shark** **Lift-Around™ Portable Vac**

- No Loss of Suction Vacuum
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- Power of an Upright



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### **Shark** **Pro Steam Pocket Mop™**

- 3 Settings of Steam
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or  
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#### To receive your rebate, please follow these steps:

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# THE PERFECT FIT

2-DAY FREE FITNESS EVENT TUE, MAY 15 & WED, MAY 16

No matter your fitness level—we are the perfect fit. Come see why. Drop-in on a fitness class, meet our personal trainers, get tips and see why 92Y May Center members get results.

<b>TUE, MAY 15</b> <b>7:15-8 am</b> Total Body Groove	<b>12-12:20 pm</b> Fab Abs	<b>6:15-7 pm</b> Spinning (Beg.)*	<b>8:05-9:05 pm</b> Break-Thru Fitness	<b>9-9:55 am</b> Pilates/Yoga Fusion	<b>12:15-1 pm</b> Aqua Fusion	<b>7:15-8 pm</b> Spinning* (Beg.)
<b>7:15-8:15 am</b> Pilates	<b>12:15-1 pm</b> Aquacise	<b>6:30-6:50 pm</b> Fab Abs	<b>8:30-9:30 pm</b> Master Swim Workout	<b>9-9:55 am</b> Total Body Groove	<b>12:15-1:10 pm</b> Pilates Flow	<b>7:30-8:30 pm</b> Beginner Swim Group
<b>8:30-9:15 am</b> Aquacise	<b>12:30-1:45 pm</b> Fluid Flexibility & Meditation	<b>6:30-7:30 pm</b> Feldenkrais	<b>WED, MAY 16</b>	<b>10-10:55 am</b> Weight Works (Bone!)	<b>12:30-1:25 pm</b> Fluid Flexibility	<b>7:30-8:30 pm</b> Intro to Yoga
<b>9:05-9:55 am</b> Cardio Cross-Training	<b>5-8 pm</b> Shoulder Stabilization by Back to Sports Physical Therapy, PC	<b>6:45-8 pm</b> Relentless!	<b>6:45-7:15 am</b> Trim ↓	<b>10-11:15 am</b> Yoga Pump	<b>6-6:55 pm</b> Trim, Tone—Build Bone! (Int.)	<b>8-8:15 PM</b> Kangoo Kraze Demo
<b>9:10-9:55 am</b> Intro to E-Z Ex	<b>5-8 pm</b> Gait Anaylsis by Jack Rabbit	<b>7-7:20 pm</b> Fab Abs	<b>6:45-7:30 am</b> Spinning*	<b>10:30am-12:30 pm</b> Balance Training by Back to Sports Physical Therapy, PC	<b>6-10 pm</b> Recreational Basketball	<b>8-8:30 pm</b> Tabata Training
<b>9:15-10:30 am</b> Powerocity	<b>6-10 pm</b> Recreational Basketball	<b>7-7:30 pm</b> Tabata Training	<b>7:15-7:45 am</b> Trim ↑	<b>11-11:55 am</b> Power Strength	<b>6:15-7 pm</b> Spinning* (Adv)	<b>8:30-9:30 pm</b> Masters Swim Workout
<b>10-11:25 am</b> Yoga	<b>6-7:30 pm</b> Yoga	<b>7:15-8 pm</b> Spinning (Adv.)*	<b>7:15-8 am</b> Stretch & Tone	<b>11:30-11:50 am</b> Fab Abs	<b>6:30-7:25 pm</b> Intro to Pilates	<b>8:30-10:30 PM</b> Competitive Volleyball
<b>10:25-11:20 am</b> Stretch & Tone	<b>6-10-6:55 pm</b> Move & Grove	<b>7:20-8:20 pm</b> Intro to Yoga	<b>7:15-8:15 am</b> Intro to Yoga	<b>11:35 am-12:25 pm</b> Women's Heart Plus	<b>6:40-7 pm</b> Absolute Abs	<b>8:35-9:35 PM</b> Pilates Mat/Ballet Barre
<b>11:35 am-12:25 pm</b> Body Blast		<b>7:30-8:15 pm</b> Splash Dance	<b>8:30-9:15 am</b> Interval Aqua	<b>11:45 am-1:15 pm</b> Recreational Basketball	<b>7:05-7:55 pm</b> Latin Low Impact/Body Sculpt	
		<b>7:30-9 pm</b> Yoga	<b>9-9:55 am</b> Trim, Tone—Build Bone! (Beg.)	<b>7:05-8:30 pm</b> Core Yoga		

**Blue:** beginner activity for Fitness Firsts   **Orange:** challenging activity for Fitness Fanatics   **Green:** suitable for all levels  
All Classes and Activities are free to members and guests. \*Advanced sign-up available beginning 24 hours prior to start of class.

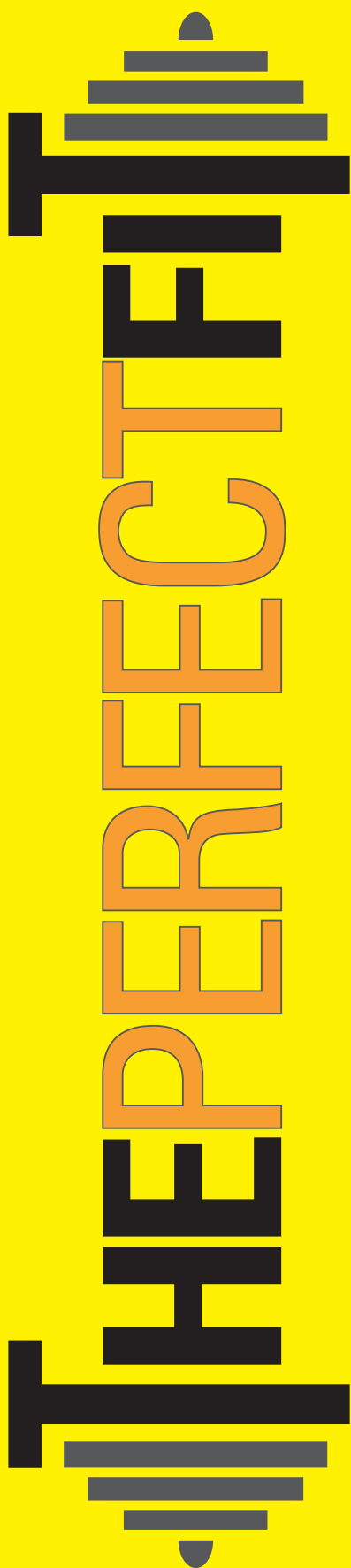
Plus, save \$400\* on an annual membership

\*Restrictions apply. First-time visitors only. Based on the purchase of a new, paid-in-full adult membership. Cannot be combined with any other offer or promotion. Valid May 15 & 16, 2012 only.

For more information and to RSVP visit [92Y.org/PerfectFit](http://92Y.org/PerfectFit) or call 212.415.5729

Hours of Operation: Mon-Thu 6 am-10:30 pm Fri 6 am-8 pm Sat-Sun 8 am-8 pm  
92nd Street Y, Lexington Avenue at 92nd Street, 3rd floor





# YOU'RE INVITED TO A 2-DAY **FREE** FITNESS EVENT!

No matter your fitness level—  
we are the perfect fit. Come see why.

**TUE, MAY 15 & WED, MAY 16  
6 AM-10:30 PM**

**SAVE \$400\* ON AN ANNUAL MEMBERSHIP**

- Challenging classes including **Cardio Cross-Training, Relentless!** and more
- **Intro To** series featuring Spinning®, yoga and swimming
- **Tabata training**, a high-intensity workout of intervals lasting only 4 minutes
- **Fabulous ab strengthening instruction** led by our certified personal trainers
- Tasty treats from **16 Handles**
- Gait analysis by a **Jack Rabbit** professional

**TO RSVP, VISIT [92Y.ORG/PERFECTFIT](http://92Y.ORG/PERFECTFIT)  
OR CALL 212.415.5729**

Adult guests only—18 years and older

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92nd Street Y, Lexington Avenue at 92nd Street, 3rd floor